BEST FOR SPORT, SKY & STREAMING

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19-25 JULY 2025

TV Satellite Week

NEW

The Assassin

Keeley Hawes and **Freddie Highmore** play a mum and son on the run in Greece

NEW

MR BIGSTUFF

The BAFTA-winning brothers are back

LIVE

RUGBY UNION SPECIAL

Australia vs the Lions in an epic battle

HotList This week's 28

Saturday 19

Krays: London's Gangsters

***DOCUMENTARY** Prime Video*

This docuseries features never-before-heard audio tapes recorded by Reggie Kray to his twin brother Ronnie while they were both in prison, giving us a rare insight into their complex relationship.

Sacramento

***COMEDY DRAMA** Sky Premiere, 6.30am & 3.30pm*

Michael Angarano directs, co-writes and stars alongside Michael Cera in this road-trip movie about two childhood pals who are evaluating their lives. *See review, p23*

Australia v British & Irish Lions: 1st Test

***RUGBY UNION** Sky Sports Main Event & Sky Sports The Lions, kick-off 11am*

After the warm-ups, the real work starts as Andy Farrell's Lions take on Australia for the first Test. *See Sport Week, page 28*

Diamond League: London

***ATHLETICS** BBC 1, 1.15pm*

As the Diamond League lands in London, we can look forward to exciting action from Olympic champions including Great Britain's Keely Hodgkinson (above) in the 800m and US sprinter Noah Lyles (100m).

■ Full listings start on **p35**

Sunday 20

Karen Pirie

***CRIME DRAMA** ITV1, 8pm (box set, ITVX)*

Lauren Lyle returns as Val McDermid's Scottish detective, who is called on to reopen an unsolved kidnapping case from 1984 when a body is discovered. *See feature, page 11*

The Veil

***THRILLER** C4, 9pm (box set, Channel 4 Streaming)*

The Handmaid's Tale star Elisabeth Moss (above) plays a veteran MI6 agent in an espionage caper from Steven Knight.

• ***Previously shown on Disney+***

S.W.A.T.

***CRIME DRAMA** Sky Max & Sky Showcase, 9pm*

Hondo (above) and co return for an eighth and, what we've been told, final series – although given its reprieve after both the sixth and seventh seasons, perhaps it's not quite over yet. *See feature, page 7*

The Narrow Road to the Deep North

***DRAMA** BBC 1, 9.15pm (box set, iPlayer)*

Jacob Elordi stars in this wartime drama as Australian medic Dorrigo Evans, who becomes a POW after he is captured by the Japanese. *See feature, page 8*

■ Full listings start on **p45**

Monday 21

Justice on Trial

***FACTUAL** Prime Video*

Judy Sheindlin (above), best known as Judge Judy, is back at the bench for this series that re-creates the trials of eight landmark cases, with the aim of determining if the original verdicts were correct.

Millers in Marriage

***DRAMA** Paramount+*

Edward Burns, Minnie Driver and Gretchen Mol star in a tale of three middle-aged siblings coming to grips with fidelity, professional success and failure, and the challenge of finding a second act.

Fake or Fortune?

***FACTUAL** BBC 1, 9pm*

Fiona Bruce and Philip Mould return to sort the masterpieces from the forgeries. The first mystery centres on a painting that the owner believes could be a lost work by Winston Churchill. *See Documentaries, p21*

Mandy

***COMEDY** BBC2, 10pm & 10.15pm (times vary) (box set, BBC iPlayer)*

The brilliant comedy returns for a fourth series, with Mandy (Diane Morgan, above) still living hand to mouth and cooking up dodgy side hustles to get by.

■ Full listings start on **p55**

Tuesday 22

Trainwreck: P.I. Moms

***DOCUMENTARY** Netflix*

In the 2000s, a group of Californian 'soccer moms' were trained by a private investigator to take on undercover work and feature in a reality TV series – which was all sabotaged by a drug scandal.

Women's Euro 2025: Semi-final

***FOOTBALL** BBC1 or ITV1, kick-off 8pm*

Tonight's first semi-final takes place at Geneva's Stade de Genève as two teams battle it out for a place in the final on Sunday 27 July.

Coastal Adventures with Helen, Jules & JB

***TRAVELOGUE** 5, 8pm*

This week, Helen Skelton meets traders at North Shields Fish Quay, Jules Hudson (above) explores porpoise conservation and JB Gill learns about mustard.

My Life Is Murder

***CRIME DRAMA** U&Alibi, 9pm*

Comedian Bill Bailey (above) guest-stars in tonight's episode of the Antipodean whodunnit series, in which Alexa (Lucy Lawless) and Madison (Ebony Vagulans) try to crack the death of a businessman.

■ Full listings start on **p65**

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4 Cover story
Thriller *The Assassin* with Keeley Hawes and Freddie Highmore

6 TV Week
Jimmy McGovern's new drama *Unforgivable*, Jacob Elordi in wartime saga *The Narrow Road to the Deep North*, crime series *Karen Pirie* returns, plus Danny Dyer's back in comedy *Mr Bigstuff*

9 Soap diary
This week's top stories

14 Your Watchlist
Including Disney+'s new drama *Washington Black*

20 Documentaries
Featuring *Tom Kerridge Cooks Spain* and *Fake or Fortune?*

22 Films
Live-action remake *Lilo & Stitch*

28 Sport
Rugby union: Australia v The Lions

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: THE ASSASSIN 2025 ©PRIME VIDEO/TWO BROTHERS PICTURES/PHOTOGRAPHER: DES WILLIE, ADOBE STOCK, GETTY, SKY. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: ALAMY, GETTY

Wednesday 23

Washington Black
DRAMA Disney+
This eight-part drama follows the story of a boy called George Washington Black (Ernest Kingsley Junior) from the slave plantations of Barbados to a world full of adventure. *See Your Watchlist, page 14*

Critical: Between Life and Death
DOCUMENTARY Netflix
Cameras capture the work of the London Major Trauma System, as paramedics, doctors, nurses and surgeons handle emergencies. *See Your Watchlist, page 16*

Tin Soldier
ACTION THRILLER Prime Video
A former special-forces operative (Scott Eastwood) seeks revenge on a cult that he holds responsible for taking everything from him. Action-packed thriller also starring Robert De Niro and Jamie Foxx.

Women's Euro 2025: Semi-final
FOOTBALL BBC1 or ITV1, kick-off 8pm
The second semi-final from Stadion Letzigrund in Zurich. Which team will progress to the showpiece match on Sunday 27 July?

Full listings start on p75

Thursday 24

Tom Kerridge Cooks Spain
COOKERY ITV1, 8.30pm
The chef (above) sets off in his food truck on a trip across Spain, from the Bay of Biscay in the north to the citrus-growing area around Seville, exploring local delicacies along the way. *See Documentaries, page 20*

Unforgivable
DRAMA BBC2, 9pm
From Jimmy McGovern comes this gritty one-off drama, about a family reeling from an act of abuse committed by one of their own. Anna Friel (above) is among the stars. *See feature, page 6*

One Day in Southport
DOCUMENTARY C4, 9pm
One-off documentary charting the horrific knife attack at a Taylor Swift-themed dance class in which three young girls lost their lives, triggering riots on a scale rarely seen in the UK.

Mr Bigstuff
COMEDY Sky Max & Sky Showcase, 9pm & 9.30pm (box set, Sky Box Sets & NOW)
BAFTA-winner Danny Dyer and series creator Ryan Sampson return as brothers Lee and Glen, who are on a mission to track down their dad. *See feature, page 12*

Full listings start on p85

Friday 25

The Assassin
THRILLER Prime Video
Ex-assassin Julie (Keeley Hawes, above) is reunited with her estranged son (Freddie Highmore) – but then the pair are forced to go on the run when Julie's dark past catches up with her. *See feature, page 4*

Happy Gilmore 2
COMEDY Netflix
Adam Sandler (above) and a host of cameo stars feature in this long-awaited sequel, as Happy Gilmore returns to the pro-golf circuit to help fund his daughter through ballet school *See Your Watchlist, page 17*

Kraven the Hunter
SUPERHERO DRAMA Sky Premiere, 10.50am & 8pm
Aaron Taylor-Johnson (above) stars as the Marvel anti-hero who uses the senses and strength of a variety of animals to hunt down criminals. *See review, page 23*

Here We Go
COMEDY BBC1, 9pm & 9.30pm (box set, BBC iPlayer)
The Jessops are back for more chaos, with new jobs and a family holiday to Malta to look forward to. Katherine Parkinson and Jim Howick star. *See feature, page 12*

Full listings start on p95

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Edward
Freddie Highmore
Julie's son arrives in Greece with questions about his father and a mysterious trust fund of which he has become sole beneficiary.

NEW FROM prime video

Julie
Keeley Hawes
The retired contract killer, who has kept her past a secret from her son Edward, is living on a remote Greek island.

HIT and run

Freddie Highmore and Keeley Hawes play a son and his contract-killer mum in an action-packed thriller

WORDS: IAN MACEWAN. PHOTOS: ADOBE STOCK, PRIME VIDEO

NEW THRILLER

The Assassin

From Friday 25 July, Prime Video

Julie and Edward spring into action

Where do contract killers go to retire? In new Prime Video thriller series *The Assassin*, it's a sun-kissed Greek island, where former gun-for-hire Julie (*Miss Austen*'s Keeley Hawes) is growing old disgracefully, as she spends her days drinking, sunbathing and arguing with the locals in a picturesque coastal village.

But when her grown-up son Edward (*The Good Doctor*'s Freddie Highmore) arrives looking for answers about his father, and Julie is approached to come out of retirement for one last job, the dysfunctional duo find themselves on the run as events take a deadly and terrifying turn.

The mother and son with Luka

Created by Jack and Harry Williams, the makers of *The Missing* and *The Tourist*, the six-parter follows the odd couple, plus islander Luka (Gerald Kyd) and wealthy siblings Kayla (Shalom Brune-Franklin) and Ezra (Devon Terrell), as they embark on a thrilling pan-European adventure.

We got Hawes, 49, and Highmore, 33, in the cross hairs for a chat about their action-packed, funny and touching drama…

Where do we find Julie and her son Edward at the start of the series?

Hawes Julie's happy living on her own. She is not completely estranged with Edward, as there have been a few texts over the years, but suddenly he comes back into her life.

Highmore Edward arrives attempting to reconnect with his mother and with some questions about his past, their relationship and who his father is. He's harbouring a lot of secrets and feelings, so this is a big step for him.

What did you make of them as characters?

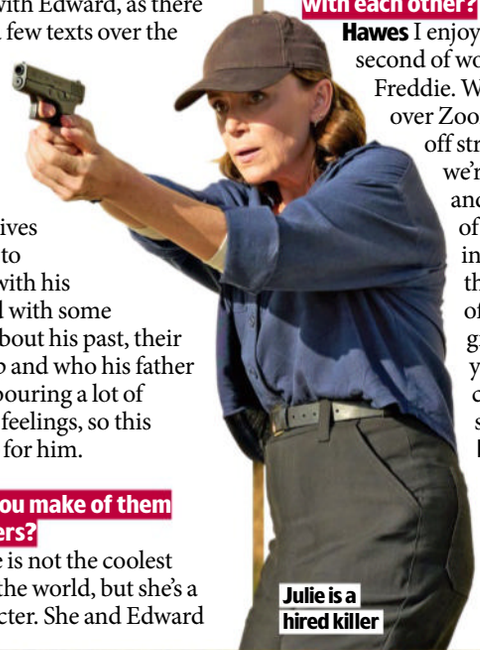
Hawes Julie is not the coolest assassin in the world, but she's a great character. She and Edward are actually very similar, although they would never admit it. She was a very young mother, and probably not quite ready for it, but she was still a good one. She's treated Edward as an equal, and they are more like friends.

Highmore Edward is definitely an overthinker, and that gets him into trouble. He's made some bad mistakes and hidden a lot of things from people that he shouldn't have – and that's part of the estrangement between them.

How did you find working with each other?

Hawes I enjoyed every second of working with Freddie. We initially met over Zoom and hit it off straight away, as we're very similar and have lots of the same interests and the same sense of humour. It's great when you have that chemistry with someone.

Highmore Keeley is brilliant and one of the main reasons I wanted to be part of this project. We've certainly bonded.


Julie is a hired killer

What attracted you both to this project?

Highmore Apart from the brilliant co-creators Jack and Harry Williams, the fact that this is a high-stakes thriller with a touch of dark humour.

Hawes I love Jack and Harry's writing. I worked with them around 10 years ago on the second series of *The Missing*, and they have incredible, creative minds. Everything feels true, and the dialogue is funny but the emotional aspects are also incredibly heartfelt.

What was it like filming in Greece?

Highmore The variety of locations we filmed in was crazy – sea, woods, yachts, mansions. And the idyllic Greek island that Julie's living on is a world that everyone would want to spend time in. The most challenging thing was the heat. Any sweat that can be seen on screen as we run around is most likely genuine.

Hawes It was so lovely coming back. I did *The Durrells* in Corfu, with many crew members from Athens, so I was back with a lot of those people. There's nothing better than walking on to a set on your first day, feeling nervous, and being greeted by familiar faces. Greece also doubles brilliantly for the other countries we visit in the series, such as Spain, France and Albania.

Why should viewers watch this show?

Hawes It's a thriller that has high-stakes drama and action, but there's also a lovely relationship at the heart of the story between Julie and Edward.

Highmore It's ultimately about a relationship between a mother and son, which is powerful, emotional and as universal as anything can be.

WHO'S WHO

Damian
Richard Dormer
Julie's indestructible handler in the contract-killing business has built a successful career without getting his hands dirty.

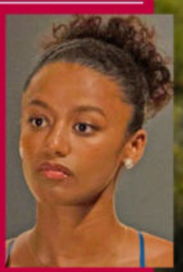
Sean
Jack Davenport
Another contract killer working under Damian's umbrella of agents, quick-witted Sean's relationship with Julie goes way back.

Marie
Gina Gershon
A mysterious character who guards long-held secrets, loves graphic novels and is driven by a deep-rooted anger.

Luka
Gerald Kyd
The easy-going local butcher, who is used to Julie's high-handed ways, unexpectedly finds himself forced to cooperate with her.

Aaron
Alan Dale
Driven by power, the billionaire made his fortune in the mining industry but struggles to keep his business and personal lives separate.

Kayla
Shalom Brune-Franklin
Fiercely loyal, Aaron's daughter works in the charitable arm of the family business and is a force for good.



Ezra
Devon Terrell
Competitive with his sibling Kayla, Ezra is the heir apparent to Cross Global Mining and desperate for his father Aaron's approval.

Clockwise from top left: Anna, Joe, Tom, Katherine and Brian

Anna Friel stars in Jimmy McGovern's hard-hitting drama about the consequences of a shocking crime

Broken family

NEW DRAMA

Unforgivable

Thursday, 9pm, BBC2

The heartbreaking ripple effect of abuse on one ordinary family is told in BBC2 drama *Unforgivable*, starring Anna Friel as supermarket worker Anna, whose son Tom was 12 when he was sexually abused by her own brother, Joe.

The one-off Liverpool-based drama from writer Jimmy McGovern begins as Joe (*SAS Rogue Heroes*' Bobby Schofield) is freed on licence, having served only half of his sentence.

But while he tries to seek some sort of redemption via intense therapy sessions from ex-nun Katherine (Anna Maxwell Martin), it's clear his whole family has been left utterly shattered by his actions.

'Anna's holding together a broken family that's been devastated by sexual abuse,' says *Marcella* star Friel, 49. 'This event has wreaked havoc. Her marriage is over, her brother's in prison, and her mother's just died. Her son, Tom, hasn't spoken since he was abused and will only answer with a yes or a no.

'As a result, Anna's on the brink – she financially supports her sons single-handedly and she's coping the best she can. But the event has had a domino effect impacting everyone in that family dynamic, as well as friends and the whole neighbourhood. It's about the knock-on effect that one action can have on everyone, not just one human being.'

The cast also includes Paddy Rowan (*G'wed*), Mark Womack (*The Responder*), and David Threlfall as Anna's worn-out father Brian, who's been crushed by Joe's conviction and his wife's death, yet has also been having a not-so-secret affair.

For Anna, however, it's the battle to get mental-health support for Tom, which he desperately needs, that almost tips her over the edge – especially as her brother Joe has been

Anna and her sons Tom and Peter

WORDS: HANNAH DAVIES. IAN MACEWAN. PHOTOS: SKY, BBC, ADOBE STOCK

receiving ongoing therapy both in and out of prison.

'From Anna's side of the story, it's the fact that she can't get the help for her son that's needed,' says Friel. 'There's a line that she says to Joe: "It's fine for you. You've been having therapy galore, every kind of help. But my son hasn't been able to get any and he's the victim."

'Rather than the authorities stepping in, she's having to do all that herself and having to fight the battle for her son.'

CHALLENGING ROLE

For Schofield, who was recently seen as Bonehead in *This City Is Ours*, playing an abuser in such a powerful drama took its toll.

'As a person, Joe's completely and utterly different from me, so it was tremendously hard,' he admits. 'Not hard in the sense of the work itself and doing my job, but the subject matter and the aftermath.'

While Anna can understandably never excuse what Joe did to Tom, will she be able to reach a place of compassion?

'When we meet Anna, she's made a stance that she'll never forgive Joe,' says Friel. 'There will be viewers who will agree, and others who will believe there's room for redemption. That's why Jimmy McGovern is one of my favourite writers – rather than signalling what people should do, he opens the space for these types of conversations.'

Shemar Moore as Hondo

Is it the end for Hondo's all-action response unit?

Farewell to arms

NEW CRIME DRAMA

S.W.A.T.

Sunday, 9pm, Sky Max & Sky Showcase

US drama *S. W.A.T.* returns for an action-packed eighth and final season this week – or does it?

Given that the high-octane show was also cancelled after its sixth and seven seasons, only to be granted a reprieve each time, perhaps Sergeant Daniel 'Hondo' Harrelson (Shemar Moore) and his Special Weapons and Tactics unit aren't hanging up their firearms just yet.

'After Season 6, we got cancelled on a Friday and uncancelled on the Monday,' says David Lim, who plays former vice-squad officer Victor Tan. 'And once Season 7 ended, I was ready to say goodbye – then it was announced that we were coming back!'

But if this really is the end, the cast promise to go out on a high.

'We've got car chases and hand-to-hand combat,' says Moore, who is working on a spin-off show, *S.W.A.T. Exiles*. 'You've even got yours truly hanging off the bottom of a helicopter!'

The swansong kicks off with a mission with a personal connection for Hondo, as the team searches for a group of missing schoolkids and their bus driver, who was his high-school football coach.

There's also a new recruit, Devin Gamble (Annie Ngosi Ilonzeh), a cop whose family background has links to criminals. And the new face is not welcomed by all of her colleagues, notably Commander Hicks (Patrick St Esprit).

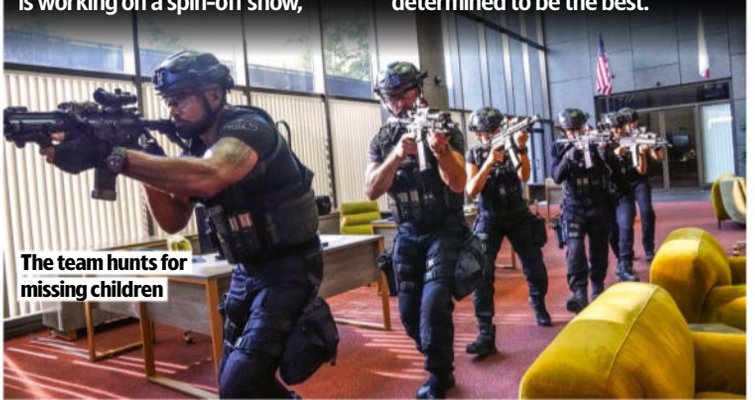
Devin (Annie Ngosi Ilonzeh)

'He's unsure of her motives,' reveals Ilonzeh. 'So she's earning everyone's trust; that's fun to play.

'Devin jumps right in, diving off a pier to catch a bad guy. She's a badass. She can shoot and is athletic – and that's what I love.'

Later in the run, we also get to see where Devin's ultra-driven attitude may have come from.

'Her family will show up,' reveals Ilonzeh. 'We'll see the tug of war, and viewers will understand why Devin is so hard on herself and determined to be the best.'



The team hunts for missing children

The series depicts POW experiences in Southeast Asia

Captive heart

Jacob Elordi and Ciarán Hinds share the role of a heroic surgeon who's been scarred by love and war

NEW DRAMA

The Narrow Road to the Deep North

Sunday, 9.15pm, BBC1 (box set, BBC iPlayer)

An Australian surgeon and war hero reflects on the moments that shaped his life – from the passion of first love to the brutality of his time in a prisoner-of-war camp – in BBC1's sweeping drama *The Narrow Road to the Deep North*.

The five-part series recounts the intimate story of Dorrigo Evans and is told over different timelines – pre-war, during his wartime internment, and also in the 1980s, when he's a renowned surgeon.

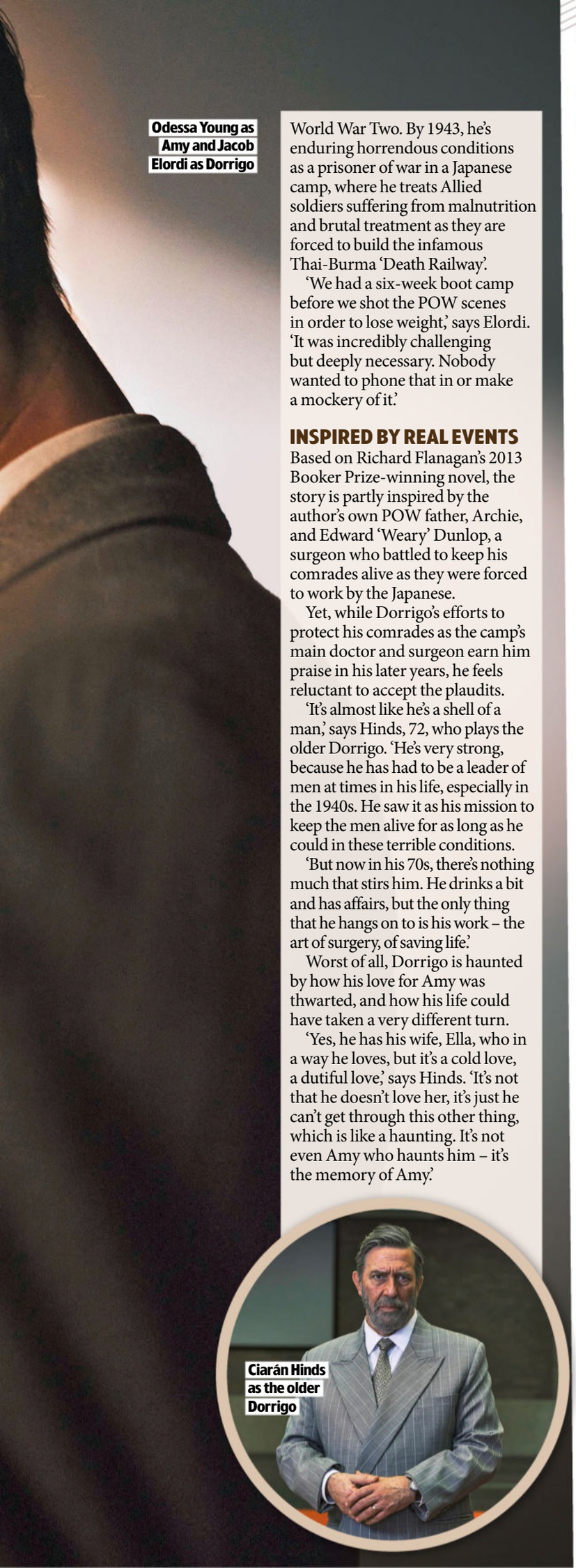
Game of Thrones and *Kin* star Ciarán Hinds portrays Dorrigo in his later years, while *Saltburn* actor Jacob Elordi plays the character as the drama begins in 1940, when he meets and falls in love with Amy Mulvaney (Odessa Young), the young wife of his uncle Keith (*The Mentalist* star Simon Baker).

The passionate affair is sparked by a chance meeting in an Adelaide bookstore, but it's also a betrayal of trust as Dorrigo is engaged to his future wife Ella (Olivia DeJonge and Heather Mitchell).

'There's an inherent selfishness to Dorrigo,' says Elordi, 28. 'That's his greatest flaw, but it's also what gets him through the war.'

The forbidden affair is cut short when Dorrigo is called up to fight in

WORDS: SEAN MARLAND, ALISON SLADE PHOTOS: BBC, ITV



Odessa Young as Amy and Jacob Elordi as Dorrigo

World War Two. By 1943, he's enduring horrendous conditions as a prisoner of war in a Japanese camp, where he treats Allied soldiers suffering from malnutrition and brutal treatment as they are forced to build the infamous Thai-Burma 'Death Railway'.

'We had a six-week boot camp before we shot the POW scenes in order to lose weight,' says Elordi. 'It was incredibly challenging but deeply necessary. Nobody wanted to phone that in or make a mockery of it.'

INSPIRED BY REAL EVENTS

Based on Richard Flanagan's 2013 Booker Prize-winning novel, the story is partly inspired by the author's own POW father, Archie, and Edward 'Weary' Dunlop, a surgeon who battled to keep his comrades alive as they were forced to work by the Japanese.

Yet, while Dorrigo's efforts to protect his comrades as the camp's main doctor and surgeon earn him praise in his later years, he feels reluctant to accept the plaudits.

'It's almost like he's a shell of a man,' says Hinds, 72, who plays the older Dorrigo. 'He's very strong, because he has had to be a leader of men at times in his life, especially in the 1940s. He saw it as his mission to keep the men alive for as long as he could in these terrible conditions.

'But now in his 70s, there's nothing much that stirs him. He drinks a bit and has affairs, but the only thing that he hangs on to is his work – the art of surgery, of saving life.'

Worst of all, Dorrigo is haunted by how his love for Amy was thwarted, and how his life could have taken a very different turn.

'Yes, he has his wife, Ella, who in a way he loves, but it's a cold love, a dutiful love,' says Hinds. 'It's not that he doesn't love her, it's just he can't get through this other thing, which is like a haunting. It's not even Amy who haunts him – it's the memory of Amy.'

Ciarán Hinds as the older Dorrigo

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Has Robert cracked the case?

EMMERDALE

Robert is on killer John's tail...

» **Worried about vulnerable** patient Owen, Liam opts for a home visit and calls the police when there's no response. The cops gain entry and find Owen dead… and on his laptop is a suicide note that confesses to Nate's murder. What neither Liam nor the police realise is that it's fake. Having found deceased Owen at the property last week, paramedic John – Nate's real killer – wrote the statement to cover his own back and then left.

Tracy and Cain are stunned when DS Walsh tells them about Owen's 'confession', while John feigns shock when Liam puts him in the loop. The whole thing seems a bit fishy to Robert, and his suspicions pique when surgery receptionist Claudette lets slip that John visited Owen shortly before he died.

Twisted plan: John

Taking matters into his own hands, Robert tracks down Owen's brother Steve, and is intrigued to learn that Owen had a solid alibi for the day Nate was murdered.

Heading to the nick, he announces that he has some important information – but will the police listen?

» **PLUS** Mackenzie gives Charity a shock ultimatum, Robert queries Kim's motives for wanting to buy Annie's field, April doesn't want to return to college, and Paddy tells Marlon that he's volunteering on a crisis helpline.

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ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Todd lashes out at conversion therapist Noah (above), Lou makes a decision about her future, Carl and Kevin's secrets collide, Bernie comes up with a plan to save Aadi's skin, and Sam's traumatised after the events at school.

EASTENDERS

» Avani (right) discovers she's pregnant, The Vic goes under the hammer, Julie and Nigel return to Walford, Nicola gets Ravi arrested, Oscar is threatened by an old acquaintance, and Alfie has news for Stacey.

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The Scottish cop investigates the **kidnapping of an oil heiress**

Karen Pirie (Lauren Lyle) revisits a cold case

Disappearing act

NEW CRIME DRAMA

Karen Pirie

Sun, 8pm, ITV1 (box set, ITVX)

Fife-set crime drama *Karen Pirie* was a big hit with viewers when it first landed on our screens in 2022. Now, Lauren Lyle returns as the plucky Scottish cop for a second series, which sees Karen having risen in the ranks from Detective Sergeant to Detective Inspector.

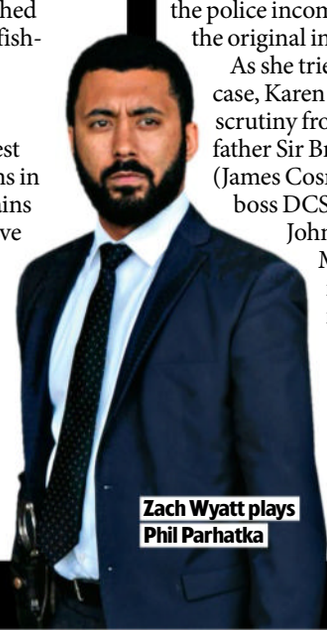
'It's a big step up for Karen – she's in charge of everyone, but she doesn't really know how to act, so she just runs with it,' reveals Lyle, 32, as she gives *TV&Satellite Week* a tour of the police-station set.

The latest case, once again adapted from a Val McDermid novel, sees Karen assigned to a cold case from 1984 – the unsolved kidnapping of Catriona Grant, heiress to a vast oil fortune, and her two-year-old son Adam, both snatched at gunpoint outside a fish-and-chip shop.

HIGH STAKES

'It's probably the biggest case of missing persons in Scottish history,' explains Lyle. 'Karen doesn't love the idea of having to rehash a case that's already had loads of money and time put into it – but when a body's found in connection with the kidnap, it all kicks off again.

'As well as the present-day investigation, there are detailed flashbacks of events in 1984, giving an insight into the lives of those involved in the kidnap and the police incompetence during the original investigation.'



Zach Wyatt plays Phil Parhatka

As she tries to crack the case, Karen faces tough scrutiny from Catriona's father Sir Broderick Grant (James Cosmo) and her boss DCS Lees (Steve John Shepherd).

Meanwhile, she is still in a secret relationship with her colleague, DS Phil Parhatka (Zach Wyatt).

'No one knows about their romance apart from their colleague Mint Murray [Chris Jenks], which is funny because he's normally bad at keeping secrets,' smiles Lyle. 'Phil wants their relationship to be out in the open, but Karen's still quite nervous about that.'

This series was also filmed in Malta as the police team pursues a line of inquiry on the Mediterranean island.

DRAMATIC SETTING

'This series feels much bigger and darker – there are more explosions and more people die,' says Lyle, who enjoyed the chance to film in her native Scotland again.

'This time, we filmed in the hills and valleys near the Scottish Highlands, which served as one of the crime scenes,' she says. 'It was amazing to be there – but it did get quite creepy!'

WORDS: VICTORIA WILSON. PHOTOS: ITV

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Peter Dinklage

Dexter: Resurrection

From Friday 25 July, Paramount+

Born in New Jersey in 1969, Peter Dinklage won four Emmys and a Golden Globe for his performance as Tyrion Lannister (inset) in fantasy drama *Game of Thrones* (2011-19). In 2018, he played 1970s James Bond actor Hervé Villechaize in one-off TV biopic *My Dinner with Hervé* alongside Jamie Dornan. On the big screen, he starred in 2022's *Cyrano* and voiced talking goat Dr Dillamond in last year's box-office smash *Wicked*.

HIS NEW ROLE

This week, Dinklage joins Episode 4 of *Dexter: Resurrection* as billionaire venture capitalist Leon Prater. After Dexter (Michael C Hall) acquires an invitation to attend a dinner party for individuals who share similar dark urges, he's introduced to Leon and learns that Leon's fascination with the macabre extends to owning many morbid mementos, which include some familiar items... 'Leon is complicated and he has chosen to go down the dark rabbit hole,' says Dinklage, 56. 'He has never committed a violent crime but likes to be around it second-hand.'

Peter Dinklage as Leon Prater

Oh, brother!

Danny Dyer is back in his BAFTA-winning role

NEW COMEDY

Mr Bigstuff

Thursday, 9pm & 9.30pm, Sky Max & Sky Showcase (box set, Sky Box Sets & NOW)

Chalk-and-cheese Essex brothers Glen (Ryan Sampson) and Lee (Danny Dyer) are on a mission when Sky comedy *Mr Bigstuff* returns for a second series.

The first run ended with the bombshell revelation that their father, Don, who they thought was dead, was very much alive. And now the siblings want to track him down…

We spoke to Dyer, who turns 48 on 24 July and won a BAFTA for his role, and Sampson, 39, who created the comedy, to hear what's in store...

Congratulations on your BAFTA win, Danny. How did that feel?

Dyer It's always nice to be acknowledged. But when I won the BAFTA, I dedicated it to Ryan because he gave me this gift [Sampson wrote the part of Lee specifically for Dyer]. He knows where I can shine.

Sampson I thought I was going to be dead cool if Danny won, but I blubbed my eyes out on live TV. No one deserves it better than Danny. He's a phenomenal actor and an icon.

Where do we find Glen and Lee at the start of Series 2?

Sampson They've spun off in different directions. Glen's gone slowly madder trying to track down their dad and is behaving quite oddly – much to the worry of his fiancée, Kirsty [Harriet Webb].

Dyer Lee is wallowing in the trauma. You see him feeling very sorry for himself, sitting out in the street drinking in a dressing gown with a karaoke machine. He needs to snap out of it, which he later does in true Lee style.

Series 1 was a massive hit with viewers. Did you feel pressure

Home team

The Jessop family

The Jessops are back for more **domestic mishaps**

NEW COMEDY

Here We Go

Friday, 9pm & 9.30pm, BBC1 (box set, BBC iPlayer)

The Jessop family have a big reason to celebrate when BBC1 sitcom *Here We Go* returns for its third series – it's Paul and Rachel's wedding anniversary, and to mark the occasion, the entire clan are off to an escape room.

However, their plans are scuppered when they get locked inside their own home because they can't work the new smart locks on the doors and windows.

While Rachel (Katherine Parkinson) is trying to find the fob that unlocks the doors, daughter Amy (Freya Parks) is busy building a giant Lego Eiffel Tower in the kitchen. But as chaos ensues, Rachel runs into the

WORDS: HANNAH DAVIES, TESS LAMACRAFT, ELAINE PENN, STEVEN PERKINS, ELAINE REILLY, VICTORIA WILSON. PHOTOS: BBC, HBO, ITV, PARAMOUNT+, SHOWTIME, SKY, U&DRAMA, CBS

Stars Ryan Sampson, Danny Dyer and, Harriet Webb

when it came to writing the new season, Ryan?

Sampson It was extremely stressful because I was also starting to film the next series of *Brassic*, so time was tight. But this series is significantly more epic. We've got wild fight sequences, car chases and people being shoved out of windows. There is a lot going on.

Linda Henry guest-stars

You have a host of fabulous guest stars, including some familiar *EastEnders* faces, for Season 2...

Dyer Yes, we've got the wonderful Linda Henry, who played my character Mick Carter's mum Shirley in *EastEnders*. It was lovely being with Linda again. And another ex-EastEnder is Shaun Williamson.

What moments from the new series have stayed with you?

Sampson There's a buffet battle in a working men's club! Danny had real quiches launched at his head for a solid 40 minutes. I should say, there are also some incredibly highbrow moments in the series, too…

kitchen with disastrous results...

'Let's just say, it took a whole week for our production team to build the Eiffel Tower, so a lot of work went into what was inevitably going to be instant destruction!' reveals Jim Howick, who plays hapless police constable Paul.

BUM DEAL

Amid the chaos, Rachel's brother, Robin (show creator Tom Basden) and his high-maintenance wife Cherry (Tori Allen-Martin) are looking forward to trying to start a family, while Paul is also dealing with an unfortunate rash on his backside.

'The Jessops also have a smart photo frame, which shows different photos on a loop – and Paul's spotty bottom rash ends up fully on display,' laughs Howick. 'I had to choose my own "bottom double" – the production team showed me a catalogue of supporting artists who all looked a bit like me and who were willing to have their bottom photographed!'

FATHER'S DAY

Later in the run, there's a family holiday to Malta in an episode that focuses on Rachel's relationship with her dad, played by Robert Glenister.

'It's a charming performance from Robert – he and Katherine are great together,' says Howick. 'Malta's capital city Valletta is a beautiful place and, as Paul didn't feature in that many scenes, I got to have the day off, so I wasn't running around in 30-degree heat!'

Jim Howick plays Paul

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW Mandy

Mon, 10pm & 10.15pm (times vary), BBC2 (box set, BBC iPlayer)

***Motherland* star** Diane Morgan (right) returns for a fourth series of her comedy, in which she plays Mandy Carter, a woman who can't seem to hold down any job for more than a day. This time, Mandy tries to escape the government's Restart Scheme after an ignominious end to her latest placement as a dog-food taster, while she attempts to pass her driving test in order to work in an ice-cream van. 'It's more of the same Mandy madness,' says Morgan. 'She hasn't evolved at all – that's what makes her charming.'

Elsbeth

Monday, 9pm, Sky Witness

***Liar* actor Ioan Gruffudd** (right) is this week's guest star, playing musician Angus, who witnesses a murder through a video art installation linking Manhattan with his seaside town in Scotland. As he and Elsbeth (Carrie Preston) join forces, there's instant chemistry between them. 'Only Elsbeth could meet somebody in this way,' laughs Preston. 'It's perfect for a romantic comedy.'

NEW Under the Bridge

Friday, 9pm & 10pm, ITV1 (box set, ITVX)

Airing in weekly double bills, this eight-part drama is based on author Rebecca Godfrey's true-crime account of 14-year-old Canadian Reena Virk, who went missing after a party in 1997. Riley Keough is author Rebecca, while Lily Gladstone (pictured, far right, with Keough) stars as police officer Cam Bentland.

● ***Previously shown on Disney+ in 2024***

NEW Whitstable Pearl

Friday, 9pm, U&Drama (box set, U)

As the cosy crime drama returns, restaurateur turned private investigator Pearl (Kerry Godliman) is called on when a woman is spotted seven years after she disappeared. Meanwhile, the sleuth's romance with teacher Tom (Robert Webb) is in danger of capsizing when cop Mike (Howard Charles, pictured with Godliman) returns.

● ***Previously shown on Acorn TV in 2024***

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

Disney+

4

sky box sets

NOW

tv+

Wash (Ernest Kingsley Junior, centre) and co

A young genius tries to **escape his brutal life** on a slave plantation

Voyage of DISCOVERY

Disney+ Washington Black

NEW *Available: Wednesday 23 July*
Genre: Drama Season: 1 Episodes: 8

The globetrotting journey of a gifted young boy born on a Barbados sugar plantation is told in Disney+'s ambitious period drama *Washington Black*, which follows the youngster as he battles persecution and pursues liberty against the odds.

We first meet George Washington 'Wash' Black as a 19-year-old in 1837 when he is living incognito in Halifax, Nova Scotia, and developing a revolutionary flying machine, which he plans to exhibit in London.

However, the arrival of bounty hunters brandishing a 'Wanted' poster with an image of his younger self brings Wash face to face with his brutal childhood…

'This is a story about a curious, intelligent young boy born on a plantation in Barbados who manages to escape and goes on this epic, larger-than-life adventure,' says British actor Ernest Kingsley Junior, who plays Wash at 19. 'Along the way, he meets many characters that help him on his journey and spur him forward.'

One of Wash's protectors in Halifax is community leader Medwin Harris (*Paradise* star Sterling K Brown), who does everything in his power to protect the young prodigy when his cover is blown by an unexpected betrayal.

'Medwin is the de facto mayor of the Black folks in Halifax and he takes Wash under his wing,' explains Brown, 49.

DEFYING THE ODDS

As the action flashes back to eight years earlier, it reveals how Wash was born into slavery on a plantation owned by absentee patriarch James Wilde (Charles Dance) and run by his ruthless son Erasmus (Julian Rhind-Tutt).

Here, *The Sandman*'s Eddie Karanja plays the younger Wash, who attracts the attention of Erasmus' eccentric brother, Titch (Tom Ellis). Recognising Wash's artistic talent and scientific mind, the inventor enlists him as his apprentice, until a harrowing twist of fate forces them to flee and propels Wash on a worldwide voyage of discovery.

Wash's allies include Miss Angie (Sharon Duncan-Brewster), a Trinidadian storeowner rebuilding her life in Nova Scotia, and love interest Tanna (Iola Evans), newly arrived to the Canadian province with her father Mr Goff (Rupert Graves), who is trying to keep his daughter's mixed-race heritage secret. Meanwhile, hot on Wash's tail is Willard (Billy Boyd), a racist, cold-blooded killer…

'We bounced around the globe filming this, shooting in Iceland, Nova Scotia and Mexico, and became each other's family very quickly,' says Brown, who's also an executive producer. 'Billy Boyd is incredible as Willard. He's one of the nicest, sweetest people, but when he puts on that black coat and hat and goes hunting for a Black man, he's menacing.'

What we're watching...

The shows being enjoyed by the *TVSW* team

tv+ Smoke

Genre: Thriller Season: 1
Episodes: 9 (released weekly)

Rocketman's Taron Egerton stars as Dave Gudsen, a former firefighter turned arson investigator, who is reluctantly paired with ambitious detective Michelle Calderone (*Lovecraft Country*'s Jurnee Smollett) in the hunt for two serial arsonists in America's Pacific Northwest. Egerton and Smollett give rich performances as the troubled pair in a dark thriller brimming with tension, while a major plot twist fairly early on turns everything on its head in a series inspired by a real-life pyromaniac. See feature, page 16.

NETFLIX Squid Game

Genre: Thriller
Season: 3 Episodes: 6

The dystopian Korean survival drama reaches its thrilling conclusion with Gi-hun, AKA Player 456 (Lee Jung-jae, right), more determined than ever to bring down the deadly game's Front Man (Lee Byung-hun).

prime Murderer Behind the Mask

Genre: Documentary
Season: 1 Episodes: 2

A harrowing account of the murder of 36-year-old Elaine O'Hara, who disappeared in Ireland in 2012. Her remains were discovered 13 months later, leading police to an unforeseen suspect.

Now in production...

Three upcoming shows to look out for soon

NETFLIX Idris Elba

Netflix's as-yet-untitled documentary will see the actor (above) join King Charles III to celebrate 50 years of the King's Trust – previously known as the Prince's Trust – and its work with young people, as he reveals how a grant from the charity helped him to study acting.

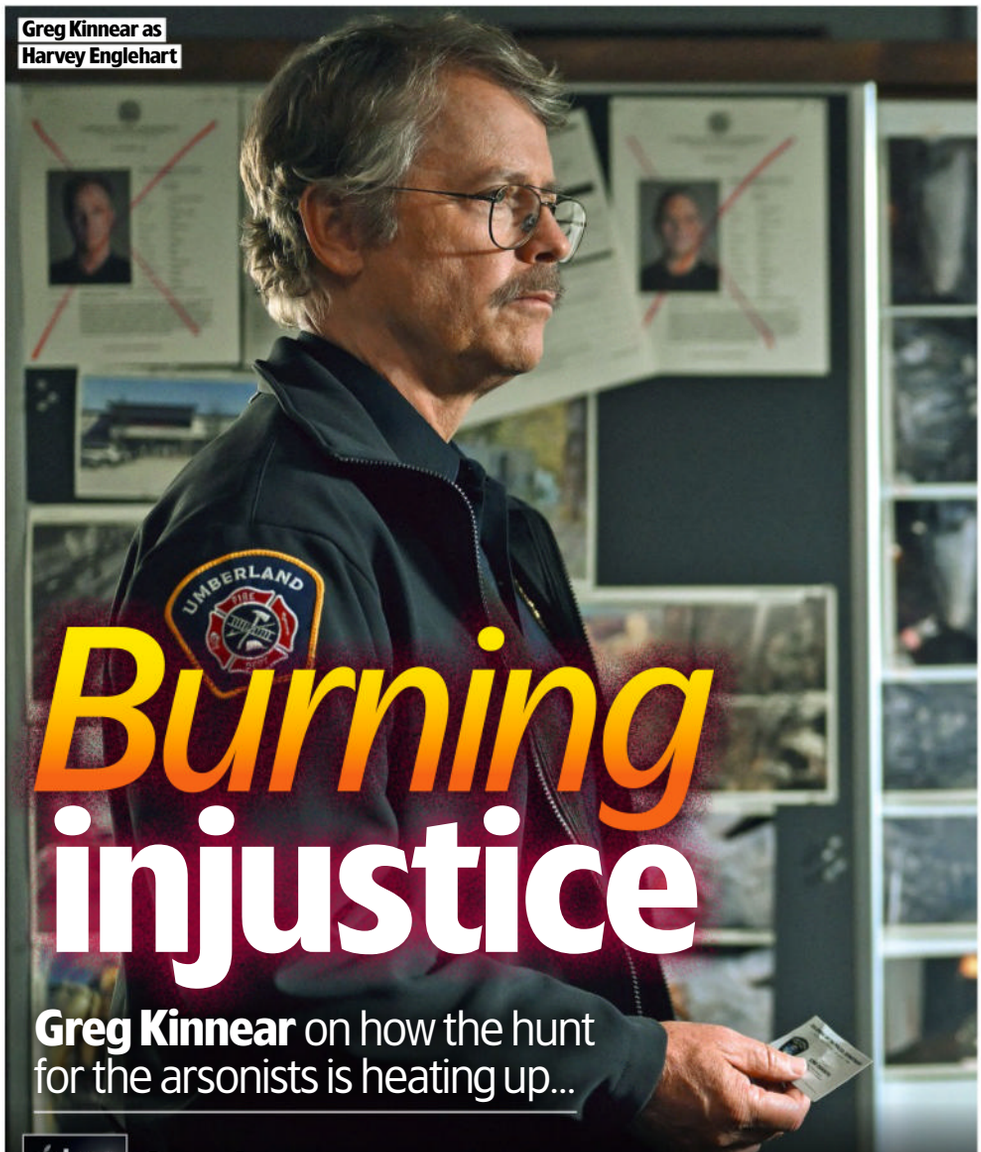
tv+ I'm Glad My Mom Died

Jennifer Aniston (above) will star in Apple TV+'s 10-part dramedy, inspired by Jennette McCurdy's memoir about a self-centred mother and her complex relationship with her teenage daughter, who is the star of a successful children's TV show.

NETFLIX What's in the Box

In Netflix's six-part game show, airing from December, Neil Patrick Harris (above) will oversee proceedings as pairs of contestants answer trivia questions and try to guess what's inside a variety of giant boxes, with twists and pitfalls aplenty.

WORDS: CAREN CLARK; JUDY EWENS, ELAINE REILLY; PHOTOS: APPLE TV+, ©2025 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PRIME VIDEO



Greg Kinnear as Harvey Englehart

Burning injustice

Greg Kinnear on how the hunt for the arsonists is heating up...

tv+ Smoke

Available: From Fri 25 July Genre: Thriller Season: 1 Episode: 6 of 9 (released weekly)

As the blazes continue to rage across Umberland, the net begins closing in on the fire starters in this week's episode of Apple TV+'s thrilling drama series *Smoke*.

Detective Michelle Calderone (Jurnee Smollett) is digging deeper into the Old Sully fire that killed four people and was ruled by arson investigator Dave Gudsen (Taron Egerton) to be caused by an electrical fault.

Jurnee Smollett as Michelle Calderone

SUSPICIONS

Dave's ex-partner Ezra Esposito (John Leguizamo) was always convinced that Dave was an arsonist, but fire chief Harvey Englehart (Greg Kinnear) never took Ezra's claims seriously. So how would it affect him if Ezra's hunches prove true?

'He would have his heart broken,' reveals Kinnear, 62. 'Harvey has a long-standing friendship with Dave. They have a history together, an understanding, a trust. To break that trust would be devastating.

'You'll see that Harvey has great integrity, although that is called into question as the series goes on. He faces real fear because he's set himself up for a rather simple exit at this stage of life and everything is now being compromised and undermined.'

Kinnear says he has loved reuniting with Egerton, who he worked with on 2022 true-crime miniseries *Black Bird*, but he wished he'd had a chance to get closer to the 'burn stage' where many of *Smoke*'s fire scenes were filmed.

'I was envious! I would have liked to have been there,' he smiles. 'I like action, and when I'm watching a show, I lean in on that kind of thing. It's my inner Tom Cruise and I'm still trying to get that out there!

'There are moments where Harvey is more active, but he's mostly slightly removed from it. It's funny, you work your way up the ladder and suddenly, you're the fire chief and more removed from the fire than you ever were before you got to that place.

'Harvey's been there and done that. However, in this series, Harvey doesn't really get to play with matches.'

An emergency team at work

Trauma unit

Meet the **London medics** saving people's lives...

NETFLIX Critical: Between Life and Death

NEW *Available: Wednesday 23 July Genre: Documentary Season: 1 Episodes: 6*

A sunny day in south London turned into a nightmare last summer when four people were injured in a funfair-ride accident. The story is retold in the opener of this new series about the work of the London Major Trauma System (LMTS).

After couple Alison and Nick took their seats on a ride, Alison's sister Claire watched on in horror as the attraction suffered a catastrophic mechanical failure.

'I saw heads and bodies bashing into the railings, like crash-test dummies,' she recalls. 'The whole of the side of Nick's face was open – just this big hole.'

Alison was taken to nearby King's College Hospital in Camberwell, while Nick was admitted to St George's in Tooting, so each could be treated by a dedicated team.

'Alison had rib fractures that had ruptured her lung, so she couldn't breathe properly,' explains Dr Lalarukh Asim, an emergency-medicine and major-trauma consultant at King's. 'We had to pierce the lining of the chest cavity and insert a tube.'

What happened next to Nick and Alison unfolds in the nail-biting episode. But for Dr Asim, it's all in a day's work.

'People come here in crisis,' she says. 'So to be able to make a difference is what drives me, and I hope people watching will appreciate the amazing work done in the NHS.'

WORDS: CAREN CLARK, IAN MACEWAN, REBECCA MAHONEY, ELAINE PENN. PHOTOS: 5, APPLE TV+, GETTY, NETFLIX, SKY, C4, AMC

Adam Sandler is back on the green in a sequel to his hit golf comedy

Happy takes his famous swing

HAPPY RETURNS

NETFLIX Happy Gilmore 2

NEW *Available: Friday 25 July Genre: Comedy*

Almost 30 years after Adam Sandler took a swing at golf glory in 1996 movie comedy *Happy Gilmore*, the actor and comedian returns for another round in a sequel film teeing off on Netflix this week – and chaos is par for the course.

Co-written by Sandler and long-time collaborator Tim Herlihy, this second chapter catches up with hockey player turned golf superstar Happy Gilmore (Sandler), whose explosive temper and unique swinging style endeared him to millions.

Now revelling in retirement, Happy decides to return to the sport not for fame, but to help his daughter when her ballet school is in desperate need of funding. There's only one way Happy knows how to earn big, but can he make a triumphant comeback, or will he slice into the rough?

SWING KING

'People have been asking me for a long time to do *Happy Gilmore 2*, and I've always been like, "Nah, I'll only let you down." But the more Tim and I talked about it, the more it built,' says Sandler, 58, who also worked with Herlihy on *The Wedding Singer*.

Reprising their roles from the original film are Julie Bowen as Happy's love interest and voice of reason Virginia Venit, Christopher McDonald as Happy's pompous rival Shooter McGavin, and Ben Stiller as twisted nursing-home orderly Hal L, who's now running a wellness group.

New to the green is rapper Benito Antonio Martínez Ocasio (AKA Bad Bunny), who plays Happy's confused caddy, while Sandler's daughters, Sunny and Sadie Sandler, also appear alongside starry cameos including rapper Eminem and American footballer Travis Kelce.

But with professional golfers such as Rory McIlroy and Justin Thomas also on the roster, Sandler needed to brush up on his golf skills: namely, the iconic Happy Gilmore swing.

'There's a hop, skip and a hit, which seems simple, but when I tried it, I fell,' he laughs. 'We've tried to make a movie you'll like, though, and we're really excited about it.'

Sandler with golfer Rory McIlroy

Ben Stiller plays Hal L

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER Live Aid at 40

BBC2's docuseries marking the anniversary of the legendary gigs sees Bob Geldof (above) reflect on how David Bowie encouraged him to broadcast a film during the concerts, which showed children whose lives were devastated by the famine.

5 Insomnia

In 5's thriller, lawyer Emma (Vicky McClure, above) struggles to sleep in the run-up to her 40th birthday, which scares her, as the same thing happened to her mother, who had a psychotic breakdown. Then her behaviour takes a disturbing turn...

sky box sets NOW Virgin The Walking Dead: Dead City

The return of Sky's spin-off finds Maggie (Lauren Cohan, above) facing a fight with a group of walkers, while Negan (Jeffrey Dean Morgan) is manipulated into rallying New York's gangs to combat the attack.

4 Jimmy Doherty's Big Bear Rescue

As he rehomes polar bear Ewa and her cub at his wildlife park in the C4 show, he has to build a high-security enclosure and give his staff intensive training. But tragedy strikes when the bears arrive from Sweden...

TV&Satellite week

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Krays: London's Gangsters

Saturday 19 July

Two-part documentary series on twins Ronald and Reginald Kray, who built a notorious criminal empire in the 1950s and 1960s in London.

Justice on Trial

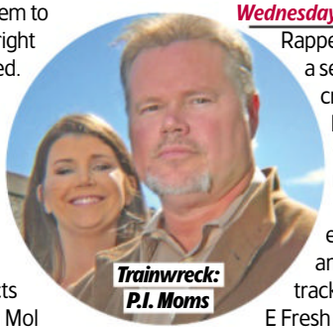
Monday 21 July

Court is back in session as Judy Sheindlin, better known as Judge Judy, presides over re-creations of eight landmark criminal cases in the American justice system to explore whether the right verdicts were delivered.

Millers in Marriage

Monday 21 July

Drama about three siblings, the Millers, played by Edward Burns (who also directs and writes), Gretchen Mol and Julianna Margulies as they navigate relationships, careers and personal fulfilment. With Minnie Driver, Campbell Scott and Benjamin Bratt.



Trainwreck: P.I. Moms

Trainwreck: P.I. Moms

Tuesday 22 July

Documentary. In the 2000s, a group of Californian 'soccer moms' were trained by a private investigator to do undercover work and sting operations. The women were supposed to have their own TV reality show until a drug scandal changed everything.

Mickey Mouse Clubhouse+

Tuesday 22 July

A revival of the animated series for preschoolers, with new adventures for Mickey and Minnie Mouse and their pals Donald Duck, Pluto and Goofy.

Critical: Between Life and Death

Wednesday 23 July

Docuseries about the London Major Trauma System, a network of hospitals, air ambulances and paramedics. Cameras capture life-saving interventions at the roadside, A&E critical care, cutting-edge operations and the painstaking rehabilitation that follows. See feature, page 16.

Hip Hop Was Born Here

Wednesday 23 July

Rapper LL Cool J presents a series that charts the creation, evolution and legacy of hip-hop. He visits the studios and neighbourhoods that fostered the music's early styles, while artists analyse their favourite tracks. Method Man, Doug E Fresh and Big Daddy Kane are among those interviewed.

Washington Black

Wednesday 23 July

In the 1800s, young field slave George Washington 'Wash' Black (Ernest Kingsley Junior), who has a prodigious scientific mind, is taken under the wing of an eccentric inventor and abolitionist (*Lucifer*'s Tom Ellis) and thrust into a globe-spanning adventure. With *Paradise* actor Sterling K Brown. See feature, page 14.

Acapulco

Wednesday 23 July

Fourth and final season of the comedy drama about the rags-to-riches story of Máximo (Eugenio Derbez) from a pool boy in 1980s Mexico to a successful business mogul in present-day Malibu, California.

Tin Soldier

Wednesday 23 July

Action thriller. Scott Eastwood stars as a troubled former member of a cult who is recruited by a government operative (Robert De Niro) to infiltrate the organisation and take down its megalomaniac, destructive leader, called The Bokushi (Jamie Foxx).

Shiny Happy People: A Teenage Holy War

Wednesday 23 July

Following *Shiny Happy People: Duggar Family Secrets*, the second season of the docuseries focuses on Teen Mania, the evangelical Christian youth organisation that exploded across America in the 1990s and 2000s. At rallies held in stadiums, teens were enraptured by religious rock anthems and inspired to swear purity oaths, but there was a darker undercurrent to the movement involving brutal spiritual boot camps and relentless psychological control.

Kiff

Wednesday 23 July

The second season of the animated musical children's series. Set on a mountainous island, it revolves around optimistic squirrel Kiff, whose best intentions often lead to complete chaos, and her best friend Barry, a sweet and mellow bunny.

Hitmakers

Thursday 24 July

Creativity and egos collide in a reality series following 12 of the music industry's best songwriters and producers as they come together at high-stakes writing camps to create hits for artists such as John Legend, Shaboozey and Lisa of Blackpink.

The Assassin

Friday 25 July

Retired assassin Julie (Keeley Hawes) and her estranged son Edward (*The Good Doctor*'s Freddie Highmore) must go on the run across Europe when Julie's dangerous past catches up with her, and the pair's dysfunctional relationship is tested to its limits in their fight for survival. See feature, page 4.

Happy Gilmore 2

Friday 25 July

Sequel to the hit 1996 sports comedy. Thirty years after his first championship win, retired golfer Happy Gilmore (Adam Sandler) returns to the game to pay for his daughter to go to ballet school. With Ben Stiller and *Modern Family*'s Julie Bowen. See feature, page 17.

Under Fire

Friday 25 July

Flemish-language drama series from Walter Presents, following the lives of firefighters as they face life-or-death emergencies, personal struggles and internal conflict in the windswept coastal town of Oosteroever.

Mandala Murders

Friday 25 July

Indian thriller series. A series of ritual murders shakes a small town to its core, drawing two detectives into a web linked to a centuries-old secret society.

Trigger

Friday 25 July

Korean action series. When illegal firearms flood into a gun-free South Korea, sparking a wave of violence, determined cop Lee Do (Kim Nam-gil, right) joins forces with a mysterious figure to stop chaos from sweeping the nation.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, ALAMY

Documentaries

Spain on a plate

Tom Kerridge takes his food truck on a tasty new road trip

Exploring fabulous new ideas

NEW COOKERY

Tom Kerridge Cooks Spain

Thursday, 8.30pm, ITV1

Following last year's foodie series *Tom Kerridge Cooks Britain*, Michelin-starred TV chef Tom Kerridge is touring Spain for another ingredient-inspired ITV1 road trip, meeting farmers and food producers and then cooking dishes inspired by his adventures from his trusty food truck.

His six-episode journey takes him from the Bay of Biscay to the citrus-growing region around Seville and a garlic farm in Spain's remote centre, with dishes ranging from anchovy toasts to his take on paella.

Here, Kerridge, 51, reveals what's on the menu…

How would you describe the series? It's a simple celebration of beautiful Spanish produce. It's about travelling around and asking Spanish farmers and food producers, 'What is it you do that's magic?' And then we make a dish using that special ingredient and cook it from our food truck – usually in their fields!

You travel all over, but did you find any hidden gems? I loved Jerez and seeing the process of how sherry vinegar is made. I also loved the rice fields in the Ebro Delta. You

One Day in Southport

Thursday, 9pm, C4

Last summer, the murder of three young girls at a dance class in Southport triggered riots in British towns and cities as online speculation wrongly suggested the killer was Muslim and a mob targeted mosques. The film hears from the family of one victim, and asks what the aftermath tells us about British representation.

The Secret Life of Trees

Friday, 9pm, 5

Sir Michael Palin narrates this three-part celebration of the planet's trees, shedding light on their life cycle and how they thrive in different habitats. The series starts by looking at how even the towering redwood, which can grow taller than the Statue of Liberty, begins as a tiny seed.

The Blitz with Rob Rinder & Ruth Goodman

Thursday, 9pm, 5

Rob Rinder and Ruth Goodman look at how the London Blitz was experienced by people from different backgrounds. Rinder reveals how Lady Diana Cooper managed to maintain her glam lifestyle, while Goodman uncovers the story of the Dead End Kids – teen volunteers who fought fires in the East End.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: 5, ALAMY, BBC, CRIME + INVESTIGATION, GETTY, ITV, PBS AMERICA

The rice fields in the Ebro Delta

always think of rice as coming from Southeast Asia. But, of course, there's rice grown in Spain because of paella, so that was an amazing experience.

Kerridge with his new food truck

What dishes do you cook throughout the series? We visit a place where they fish for anchovies and we do some lovely toasts with crispy tempura anchovies. We also make a simple pork chop and white-bean stew. I cook a rice dish, which is like a British version of paella, for the farmer who grew the rice. Luckily, he liked it. He's also Spain's Strongest Man, so the last thing I wanted to do was upset him!

What are the ingredients that give Spanish food its identity? Definitely smoked paprika and chorizo. That cured-meat flavour is amazing. And obviously any vegetables that have been sun-ripened because there's a deep warmth that comes from them. That seems to be the Spanish way.

Kerridge cooks up a paella

You had mechanical problems with the food truck for your series *Tom Kerridge Cooks Britain*. Was it fixed for your Spanish adventure? No, we have a different one that actually works, with brakes and an indicator! It's a 1980s Mercedes food truck, so it's still old school, but a little bit more modern than the retro Chevy. It's a lovely bit of kit. The last one looked cool, but it was an absolute death trap!

When Missing Turns to Murder

Mon, 9pm & 10pm, Crime + Investigation

In the UK, someone is reported missing every 90 seconds and this series looks at what happens when the outcome is the worst-case scenario. The first episode focuses on the murder of 26-year-old Sinead Healy (above), who was missing for five months before her body was found in a lay-by in March 2001.

Franco: The Last Inquisitor

Thu, 7.20pm, & Fri, 7.15pm, PBS America

After overthrowing the Second Spanish Republic in a coup during the Civil War, dictator General Franco ruled his country for nearly 40 years, during which his political opponents were repressed and many people were killed. This two-parter questions how this harsh regime was allowed to last for so long.

Barry (left) with Mould and Bruce

MISSING masterpiece?

Has carer Barry found a **valuable Winston Churchill painting**?

NEW FACTUAL

Fake or Fortune?

Monday, 9pm, BBC1

There's a small fortune – £600,000, to be precise – riding on the evidence uncovered by Fiona Bruce and art expert Philip Mould as their hit show *Fake or Fortune?* returns to BBC1 for a 13th series.

Barry, a carer, believes he may have discovered a lost painting by former Prime Minister and amateur artist Winston Churchill, depicting a rose-filled garden on a summer's day.

'I bought it from an antiques fair three years ago in Sussex,' explains Barry. 'I was drawn to its colours and I only paid £140 because it was unsigned. But a couple of days later, I took it out of the frame and found an inscription on the back. I was blown away.'

SEARCHING FOR CLUES

The handwritten inscription, dated June 1916, claims the artwork is by Winston Churchill of his wife, Clementine, reading a book in the gardens of Herstmonceux Castle, East Sussex. But Bruce and Mould have their work cut out digging for cast-iron proof of its authenticity.

There's a breakthrough, however, when a 1966 biography by Churchill's friend Violet Bonham Carter places him at Herstmonceux in June 1916 and she describes Churchill painting in the garden. Both had been invited by politician Claude Lowther, who owned Herstmonceux at the time.

Meanwhile, analysis of the artwork reveals several distinctive stylistic features and brushstrokes known to be used by Churchill, and a handwriting expert confirms the inscription was penned by Lowther himself.

HOLIDAY HOPES

Bruce and Mould consider the possibility that Churchill gifted Lowther the painting following his stay. Yet there's a setback when the picture is not listed in Lowther's will or in the list of his personal effects following his death in 1929.

Sale of the artwork would help Barry take his disabled son on a dream holiday. But despite the dossier of new evidence, is the painting one of Churchill's lost works or a clever fake?

'We've always wanted to go to Niagara Falls. My son has a sensory room, but he'd really enjoy something like that with the sound and the visual effects,' says Barry. 'I'm keeping my fingers crossed...'

Bruce with owner Barry

Films Our pick of this

MOVIE OF THE WEEK

LILO & STITCH

The mischievous alien returns in Disney's live-action remake of the 2002 cartoon

FAMILY COMEDY

From Tuesday, to buy or rent from digital stores, including Prime Video and Sky Store ★★★★

Disney's 2002 animated movie about the friendship between a lonely six-year-old girl and an anarchic alien is the latest to get the live-action treatment and, unlike some of Disney's recent remakes, the result largely captures the qualities that made the original so beloved.

As before, the furry blue extraterrestrial, genetically engineered to be an agent of destruction, crash lands on Hawaii pursued by the scientist who designed him, Dr Jumba (Zach Galifianakis), accompanied by nerdy researcher Pleakley (Billy Magnussen). Before they can lay hands on him, however, the havoc-wreaking creature gets himself adopted and named Stitch by the equally rambunctious Lilo (Maia Keloaha, wonderful), who has been sowing her own brand of mayhem since the death of her parents left her in the guardianship of her 18-year-old sister Nani (Sydney Elizebeth Agudong).

Nani's efforts to prevent Lilo being taken into care provide another plot strand and source of conflict, as does the arrival of CIA agent Cobra Bubbles (Courtney B Vance). It's a movie that's heartwarming and fun thanks to the sweet relationship between Lilo and Stitch, and the zippy mischief they create. 2025, PG, 108MIN

WORDS: JASON BEST, NIGEL PIZEY

STAR RATINGS ★★★★★ Excellent ★★★★ Very good ★★★ Good ★★ Average ★ Poor

More premieres and Day by Day planner ›››

week's Best M es

Gunning for revenge: Ana and co

COMEDY DRAMA

Sacramento

Saturday, 6.30am & 3.30pm, Sky Premiere ★★★

With precarious employment issues bundled up with a fraying mental state, father-to-be Michael Cera ends up taking an unplanned road trip with his unreliable childhood chum Michael Angarano (who also directed and co-wrote). It's a slight but very enjoyable journey, with each man lying to the other about key elements and ultimately forcing the women in their lives – Cera's married to Kristen Stewart while Angarano was seeing Maya Erskine – to be the adults in the room. Although there's a veneer of goofiness about the two men, the movie hints at a darker nature, with Cera prone to blackouts and Angarano a bit of a scuzzball in his relationships, making the cheery finale more than a little unsettling. 2024, 15, 89MIN

All grown up: Maya, the two Michaels and Kristen

ACTION THRILLER

Ballerina

From Tuesday, to buy or rent from digital stores ★★★

Four years on from her scene-stealing turn as CIA agent Paloma in *No Time To Die*, Ana de Armas is back in action in this serviceable spin off from the *John Wick* franchise. As you would expect from the series, *Ballerina* provides plenty of expertly choreographed mayhem, but it can't recapture the original's bizarrely left-field wit. Whereas Keanu Reeves' assassin initially went on the rampage because his puppy had been killed, Ana de Armas's protagonist Eve is out to avenge the death of her father at the hands of Gabriel Byrne's cult-like leader. Some familiar characters reappear and play a part in Eve's journey – including Wick himself – but Ana de Armas is the one who has to carry the action, and she does so with dazzling panache as the film-makers come up with ever more inventive weapons for her to mow down her foes. 2025, 15, 125MIN

SUPERHERO

Kraven the Hunter

Friday, 10.50am & 8pm, Sky Premiere ★★★

Aaron Taylor-Johnson certainly looks the part as Kraven, one of Marvel's most iconic antiheroes, a man who has the senses and strength of a variety of animals and a strict code of honour as he hunts down criminals. Sadly, the film itself is far less muscular, with dodgy CGI and a trite script weakening it further. It's not *Morbius* bad, however, as this is for the most part a fun ride – a visceral, bloodsoaked movie that positively revels in Russell Crowe (as Kraven's gangster dad) and Alessandro Nivola (the big bad) chewing up the scenery. 2024, 15, 127MIN

Beastly: Aaron

The kids have a wild west adventure

ANIMATION

Buffalo Kids

Sunday, 7.45am & 3.40pm, Sky Premiere ★★★

A cute, surprisingly emotional CGI cartoon from Spain, in which two Irish orphans hook up with a wheelchair-using quadriplegic boy to travel from New York to California in search of their uncle. Along the way they encounter bandits, Native Americans, coyote packs and wild herds of bison, all animated in a pleasant, if rather conventional fashion. The English-language version has some big hitters in the voice cast, including Gemma Arterton, Sean Bean and Stephen Graham in this thoroughly engaging, enjoyable family frolic. 2024, U, 83MIN

Films

ACTION COMEDY

Heads of State

Available now, Prime Video ★★★★

This good old-fashioned romp would have felt right at home in the 1980s, a buddy movie with big fights, blasting gun battles and rip-roaring car chases all while the two stars bicker relentlessly. This time, we have Idris Elba's British prime minister unwillingly joining up with John Cena's ex-action star-cum-US president to stave off a global meltdown. Also joining them in the fray is Priyanka Chopra Jones' MI6 agent (and Elba's former squeeze), Carla Gugino as the American vice-president and Paddy Considine as the chief villain, donning a dodgy Russian accent to boot.

It all begins when *Air Force One* is blown out of the sky over Belarus, with Elba and Cena parachuting out just in time and setting off across Europe evading the seemingly limitless grunts sent out to kill them. We've seen variations of this plot countless times, but director Ilya Naishuller (*Hardcore Henry*, *Nobody* etc) knows how to crank up the action and give it some welly, while having two leads whose charm alone could fuel the movie.

The comedy doesn't always land as it should, but Elba and Cena are great company in a daft, bombastic movie that knows just what it takes to be unabashed fun. 2025, 15, 117MIN

Hold on: John and Idris

Hidden gems Great movies you might have missed...

SCI-FI COMEDY

Beyond the Infinite Two Minutes

Prime Video ★★★★

A wonderful zippy, trippy sci-fi flick from Japan which starts with a basic premise and fires it into outer space. Cafe owner Kazunari Tosa learns his TV monitor in his shop shows what is happening two minutes into the future. Soon he's forced to share this phenomena with a collection of friends until the whole thing spins into insanity. Filmed on iPhones as a single take, it's delirious fun and, at a lightning fast 70 minutes, cheerfully gallops along. **Subtitled.** 2020, 12, 70MIN

MYSTERY THRILLER

Following

BFI Player ★★★★

Director Christopher Nolan's debut feature is a low-budget gem. Following people out of curiosity, writer Jeremy Theobald becomes involved with Alex Haw, who appears to be a thief and draws Theobald into a life of burglary. Engrossing, unsettling and quite brilliant, it proved Nolan was a man to follow, launching him onto a stellar career. It took over a year to shoot, as all the cast and crew had full-time jobs and were only free on Saturdays. 1998, 15, 70MIN

PERIOD DRAMA

October Sky

Netflix ★★★★

There's much fine acting to enjoy in this leisurely rites-of-passage drama. Jake Gyllenhaal plays a young teen coming of age in a small mining town at the time of the launch of the Sputnik satellite in 1957. His obsession with space leads him to turn his back on the pits in favour of a career as a rocket scientist, urged on by teacher Laura Dern, much to the chagrin of his father (Chris Cooper). Based on a true story, this is gentle and unaffected. 1999, PG, 107MIN

Saturday 19 July

SUPERHERO

The Flash

Available now, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

It was a long time coming, but Andy Muschietti's film offers plenty of entertainment in its ambitious, time-hopping plot. Ensuring both the emotional moments and gags hit the mark, Ezra Miller does well as Barry Allen, alter ego The Flash, who teams up with their own teen self to try to prevent their mum's murder. Michael Keaton's Batman is a real treat (especially his pasta-based 'Batsplanation' of timelines) and, as Supergirl, Sasha Calle dishes out some bracing, if underused, hits against (also underused) franchise foes. It's a confident and engaging film, then – though the less said about the gaudy CGI the better. 2023, 12, 144MIN

Lighting up: Ezra

CLASSIC WESTERN

The Searchers

1pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

John Wayne's Ethan Edwards and his adopted nephew, (Jeffrey Hunter) go in search of his niece (Natalie Wood) who has been kidnapped by Comanches. However, when they discover Wood has become a Comanche, it's possible that the racist Edwards may kill her rather than rescue her... One of the greatest ever Westerns, this balances a realistic sense of the hardship of frontier life with moments of humour. Wayne gives a career-best performance, while Wood and Hunter are also excellent – and director John Ford's landscapes look magnificent. 1956, U, 114MIN

COMEDY

The Commitments

10pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

A bunch of Dublin teenagers form into the title band. Auditions, rehearsals and constant arguments finally get them up on stage, but the group is always on the verge of comical self-destruction. Director Alan Parker's film was a surprise hit and is always infectiously entertaining. Dick Clement and Ian La Frenais had a hand in the excellent screenplay, while Andrew Strong's gutsy lead vocals power the soundtrack along. Robert Arkins's eccentric manager, Jimmy Rabbitte, powers the plot and the gritty Dublin locations are also a standout. 1991, 15, 118MIN

PERIOD MYSTERY

Gosford Park

10.30pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Featuring an Oscar-winning script by *Downton Abbey*'s Julian Fellowes, director Robert Altman's star-studded satire of the British upper classes in the 1930s takes the form of a sly Agatha Christie-style whodunnit, centred around the murder of Michael Gambon's monstrous toff during a shooting party. Helen Mirren, Clive Owen, Maggie Smith, Kristin Scott Thomas and Derek Jacobi are among the suspects. And Jeremy Northam's super-smooth performance as Ivor Novello (he even does his own singing!) is the icing on the cake. 2001, 15, 137MIN

COMEDY THRILLER

Inglourious Basterds

10.15pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Brad Pitt stars as the off-the-wall leader of a bunch of wartime Jewish-American soldiers, out to scalp and kill Nazi scum in Quentin Tarantino's offbeat comedy action thriller. Pitt's amusing, but his thunder's stolen by Christoph Waltz, in his gloriously chilling turn as evil Jew-hunter Colonel Hans Landa, who you just can't wait to see meet his sticky end. Tarantino's stylish movie is great, disreputable fun for grown-ups – tense, funny, clever and exciting. 2009, 18, 153MIN

■ Full listings start on p35

Sunday 20 July

THRILLER

Hypnotic

Available now, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

Ben Affleck stars as archetypal sad detective Danny, whose daughter's abduction a few years earlier remains unsolved. But, while investigating a chaotic bank robbery, he discovers the sinister man at the core of the mayhem was after a picture of his daughter and is a government-trained 'hypnotic', a psychic able to make people's perception of reality bend to their will. Director Robert Rodriguez's film keeps its foot down for the entire running time, with an action sequence about every four minutes and a plot twist every 10. It's a joyously watchable thrill ride and just gets more endearing as it becomes ever more ridiculous. 2023, 15, 93MIN

Holding onto hope: Ben

COMEDY DRAMA

The Hundred-Foot Journey

12.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

A tasty little comedy starring Helen Mirren and Om Puri as warring restaurateurs in the south of France. In a picturesque village, Mirren's snooty, Michelin-starred restaurant gets some unwelcome competition when Puri, newly arrived from India with talented chef Manish Dayal, opens a more user-friendly eatery. The plot goes off the boil midway through, but the stars' delicious odd-couple chemistry is a treat and there's a tasty sub-plot involving Dayal and Charlotte Le Bon. 2014, PG, 122MIN

ANIMATION

Missing Link

2.05pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

A funny comedy adventure from Laika, the stop-motion animation studio behind some of the most imaginative animated films, including *Coraline*, *The Boxtrolls* and *Kubo and the Two Strings*. Hugh Jackman heads the talented voice cast as doughty 19th-century explorer Sir Lionel Frost, who is on the hunt for a legendary beast in America's Pacific Northwest. He finds a curious, bigfoot-like creature (Zach Galifianakis), while there's a worthy foil for Lionel in the shape of fearless fellow adventurer Adelina Fortnight (Zoe Saldana). 2019, PG, 95MIN

COMEDY DRAMA

Fisherman's Friends: One and All

6pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

In another slice of contrived goings-on for the chart-topping Cornish fishermen, the band's dumped by their record label on the eve of releasing their second album. Leader Jim (James Purefoy) boozily copes with the death of his dad (David Hyman) and locks horns with replacement Morgan (Richard Harrington); could the Friends be sunk..? The drama is soggy, but the Cornish locations look fabulous, the shanties are suitably stirring and Imelda May is charismatic as a reclusive Irish pop star. 2022, 12, 112MIN

BIOPIC

The Wolf of Wall Street

10pm, BBC2 (11pm NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Following the 1987 Wall Street crash, young stockbroker Jordan Belfort (Leonardo DiCaprio) picks himself up and makes a fortune dealing in worthless shares and embracing all of the excesses too much money can buy. But the net is closing in on his dodgy empire... Director Martin Scorsese's exhilarating biopic is far too in awe of its repellent anti-hero, but DiCaprio's no-holds-barred performance is simply dazzling. Jonah Hill also shines as his right-hand man. 2013, 18, 180MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 21 July

THRILLER

The Good Liar

11pm, BBC2 ★★★★

Sex ●●○ Violence ●●○ Language ●●●

Sparring beautifully, national treasures Helen Mirren and Ian McKellen star as a couple who hit it off immediately after meeting through an online website. Her grandson Russell Tovey is not keen on McKellen (with good reason), and it's clear from the start that neither is exactly telling the truth to the other – but who's really the good liar? Based on the bestseller by Nicholas Searle, there are plenty of twists and surprises (perhaps one too many) in store in this entertainingly teasing thriller. 2019, 15, 109MIN

A cut above: Helen and Ian

FAMILY COMEDY

Mr Bean's Holiday

11am, Sky Family ★★★

Sex ○○○ Violence ○○○ Language ○○○

Prepare for amusing slapstick mishaps after disaster-prone Mr Bean (Rowan Atkinson) wins a holiday to the south of France at his local church fête. He loses his money, train ticket and passport but, with the help of a boy (Max Baldry), an actress (Emma de Caunes) and an American film-maker (Willem Dafoe), it all ends in a song on the beach. The script's patchy, but Bean is as lovable as ever thanks to expert comic Atkinson. 2007, PG, 89MIN

ANIMATION

Trolls Band Together

4pm & 10.30pm, Sky Animation ★★★

Sex ○○○ Violence ○○○ Language ○○○

Small kids will be happily rapt, if slightly bemused, by this twisty, wisecracking, candy-coloured threequel, which whisks excitable Poppy (Anna Kendrick) and grumpy Branch (Justin Timberlake) on a high-energy, life-or-death quest to reunite his broken family boy band, BroZone. Trippy visuals and sly boy band gags ('We've gone from boys to men!') make it a fun, if rather frantic outing. 2023, U, 91MIN

HISTORICAL DRAMA

Suffragette

6.50pm, Film4 ★★★

Sex ○○○ Violence ●○○ Language ●○○

This stirring account of the struggle to achieve votes for women in 1912-13 London is a compelling tribute to the unsung footsoldiers in the fight for female suffrage rather than its upper-class leaders. Carey Mulligan anchors the film as an East End laundry worker, who goes from passive bystander to zealous activist. She gets strong support from Ben Whishaw and Helena Bonham Carter, while Meryl Streep delivers a telling cameo. 2015, 12, 106MIN

MUSICAL

Tommy

3.45am, Sky Drama ★★★★

Sex ●●○ Violence ●○○ Language ●○○

Roger Daltrey is effective as the 'deaf, dumb and blind kid' in Ken Russell's psychedelic version of The Who's rock opera. Tina Turner and Eric Clapton provide effective musical interludes, but are outshone by Elton John and his 'mile-high' platform boots as The Pinball Wizard. Oliver Reed, Jack Nicholson and Ann-Margret act out the slender plot between the musical numbers. 1975, 15, 111MIN

Full listings start on p55

Tuesday 22 July

BIOPIC

A Beautiful Day in the Neighbourhood

6.50pm, Film4 ★★★★

Sex ○○○ Violence ○○○ Language ○○○

A perfectly cast Tom Hanks radiates kindness and goodness as beloved US children's TV show host Fred Rogers, the creator of long-running *Mister Rogers' Neighborhood*, in this delightful, heartwarming, fact-based comedy. Writing a profile of the star, Matthew Rhys' cynical journalist thinks that Rogers must be too good to be true ('Please don't ruin my childhood,' begs his wife), but Rogers' gentle insight leads him to face up to his own issues. 2019, PG, 109MIN

Mr nice guy: Tom and Matthew

COMEDY

The Truman Show

12.10pm & 3.50am, Sky Cinema Comedy ★★★★

Sex ○○○ Violence ○○○ Language ○○○

This ingenious satire from Peter Weir gives Jim Carrey a chance to flex both his comedy skills and his serious acting talents as an innocent husband unaware that his whole life is the subject of a global TV show, presided over by its god-like producer (Ed Harris). While the film offers little in the way of great revelations about our attitudes towards television, it is intelligent, inventive and even uplifting. 1997, PG, 99MIN

SCI-FI CLASSIC

Blade Runner

4.15pm, Sky Greats ★★★★★

Sex ●○○ Violence ●●○ Language ●○○

Director Ridley Scott's visually stunning cult sci-fi classic has been imitated many times, but never surpassed. Harrison Ford plays an embittered gumshoe in a rainy, neon-soaked 2019 LA hired to find five dangerous androids. The problem is, it's virtually impossible to tell them apart from humans... Ford is ideally cast in one of his best performances, while Rutger Hauer, Daryl Hannah and Sean Young are also impressive. 1982, 15, 117MIN

ROMCOM

Notting Hill

9pm, Film4 ★★★★

Sex ●○○ Violence ○○○ Language ●●○

In a fairy-tale version of London's Notting Hill, Hugh Grant is a bookshop owner who falls for glamorous Hollywood star Julia Roberts after she visits one day. Richard Curtis' hilarious script is irresistible as the delicate courtship runs its ups and downs. Roberts lights up the screen with her breezy charm and incandescent smile, Grant gets a tailor-made role and Rhys Ifans is a scene-stealer as Grant's slovenly flatmate. 1999, 15, 124MIN

WORLD CINEMA

The Night of the 12th

1.55am, C4 ★★★★

Sex ○○○ Violence ●●○ Language ●●●

In a small French town, a young woman is jogging home one night when she is accosted and burned to death. Two detectives (Bastien Bouillon and Bouli Lanners) are assigned, but slowly realise they have nothing substantial to link a suspect to the awful crime. Based on a real unsolved case, this serpentine tale is intelligent, superbly acted and utterly engrossing. Subtitled. 2022, 15, 115MIN

Full listings start on p65

Wednesday

COMEDY DRAMA

Thelma

8pm, Sky 2025 Recap ★★★★

Sex ○○○ Violence ○○○ Language ●●○

An absolute treat, this terrifically entertaining comedy stars June Squibb (93 when this was made) as an elderly lady tricked by a scam but determined to take down the criminals behind it. She dodges her overprotective family

Joy ride: Richard and June

PERIOD DRAMA

Belle

6.55pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ○○○

Loosely inspired by a true story, this is a compelling period drama. Dido Elizabeth Belle (Gugu Mbatha-Raw) was the illegitimate daughter of a Royal Navy captain and an African slave. Raised in 18th-century England by Lord Mansfield (Tom Wilkinson), she inspires him to make a landmark ruling against the slave trade. The real Dido's biography is treated rather fancifully, but the superb Mbatha-Raw brings it vividly to life. 2013, 12, 104MIN

ACTION

Die Hard

9pm, Film4 ★★★★★

Sex ○○○ Violence ●●○ Language ●●○

From beginning to end, director John McTiernan's spectacular film is a hard-to-beat action classic and the best possible showcase for Bruce Willis. In his career-defining role as New York cop John McClane, he's in LA for Christmas to see his estranged wife Bonnie Bedelia and their kids, but has to single-handedly tackle thief Alan Rickman and his gang, who've taken everyone hostage and plan to raid the vault of her office block. 1988, 15, 131MIN

23 July

(daughter Parker Posey, her husband Clark Gregg and kindly slacker grandson Fred Hechinger) to race round – at 20mph – with help from her cautious friend (Richard Roundtree) and his electric scooter. Hilariously showcasing the ups and downs of getting older, this comedy works by being both breezy and sharp as a tack. 2024, 12, 98MIN

Thursday 24 July

COMEDY

Ticket to Paradise

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

If ever there was a film to highlight just how much star power and effortless charm can achieve, this is it. George Clooney and Julia Roberts have been happily divorced for years when daughter Kaitlyn Dever, on a trip to Bali, decides to marry local seaweed farmer Maxime Bouttier. So the bickering pair attempt to bury their distain for each other and join forces to stop the nuptials. The plot is by-the-numbers, but George and Julia make terrific company with their snark and snipes. 2022, 12, 104MIN

Parent trap: Kaitlyn, Julia, George and Maxime

Friday 25 July

SUPERHERO

Ant-Man and the Wasp

7.10pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

The second adventure for Marvel's minuscule hero is anything but undersized on the entertainment front. Paul Rudd's goofy ex-con hero Scott Lang, aka Ant-Man, again delivers big laughs aplenty, and there are some whopping thrills and spills as well when he joins Evangeline Lilly's intrepid Hope Van Dyne, aka the Wasp, and her father, maverick scientist Hank Pym (Michael Douglas), on a mission to rescue her long-missing mother (Michelle Pfeiffer) from the Quantum Realm. 2018, 12, 118MIN

Getting physical: Evangeline, Michael and Paul

ACTION

Kiss of the Dragon

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

No sooner has Chinese undercover agent Jet Li arrived in Paris than he's become the fall guy in a murder conspiracy. This supercharged martial arts thriller whips up a storm during the action scenes in which Li becomes a veritable one-man army. His use of a snooker ball as a weapon and his battle in a classroom full of opponents are brilliant sequences. Bridget Fonda's a hooker Li befriends and Tchéky Karyo a corrupt cop. 2001, 18, 98MIN

PERIOD COMEDY

Emma

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Anya Taylor-Joy takes on the role of Jane Austen's Emma in this wonderful adaptation. The film retains Austen's needle-sharp irony while ticking all the period romcom boxes as Taylor-Joy's 20-year-old aristocrat meddles in the romantic lives of her friends, but is blind to her own heart's affections. Can her wise friend Mr Knightley (Johnny Flynn) set her straight..? 2020, U, 125MIN

■ Full listings start on p75

ADVENTURE

The Scorpion King

12.45pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Set in the Ancient Middle East, this rip-roaring yarn takes The Rock's cameo from *The Mummy Returns*, blows it up and turns him into a hero. The action is nicely leavened with wisecracks ('There's no greater city than Gomorrah, except maybe Sodom!') and The Rock oozes charisma. Steven Brand is the evil conqueror he battles while also finding time to woo Kelly Hu's sorceress, and Bernard Hill supplies the anachronistic gunpowder. 2002, 12, 91MIN

THRILLER

The Accountant

5.40pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

This entertaining thriller stars Ben Affleck as an autisitic accountant who's a dab hand at maths and a whiz as a hitman, too. But with suspicious US treasury agents on his tail, he takes a legitimate job, only for the gig to turn deadly after Anna Kendrick's chipper clerk finds a multi-million-dollar hole in the books. Before long, it's not just the numbers but also the bodies that are being counted. 2016, 15, 128MIN

SCI-FI

Gravity

6.20pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sandra Bullock's medical engineer is on her first space mission with veteran George Clooney when they're stranded after debris from a Russian satellite destroys their shuttle. Can they find a way back to Earth? Director Alfonso Cuarón's ground-breaking thriller won seven Oscars and provokes jaw-dropping wonder, heart-stopping tension, spine-tingling shocks and dizzying fear. 2013, 12, 91MIN

COMEDY DRAMA

Yesterday

10.40pm, BBC1 (11.10pm NI, Scotland, Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

A pleasing comedy in which singer-songwriter Jack (Himesh Patel) is the only person who remembers The Beatles. So he uses the Fab Four's songs to hit the big time. Written by Richard Curtis and directed by Danny Boyle, this lightweight comedy has class, Patel is likeable and gets good support from Lily James and a very game Ed Sheeran. 2019, 12, 116MIN

■ Full listings start on p85

COMEDY ADVENTURE

Bookworm

12.20pm & 3.30am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

A pleasingly quirky film from New Zealand about a precocious kid (Nell Fisher, a real star) who meets her American illusionist dad (Elijah Wood) when her mum's in hospital. They try to connect with a camping expedition, in which Fisher is determined to video a mythic black panther, and end up in all manner of scrapes in a film that leans hard into Kiwi sardonic wit as well as showing off glorious landscapes. 2024, 12, 103MIN

COMEDY DRAMA

Driven

9pm, GREAT! movies ★★★

Sex ●●● Violence ●●● Language ●●●

The name DeLorean is now indelibly linked with the gull-winged time-travelling car in *Back to the Future*. This absorbing comedy drama reminds us of the man behind the car, brilliant auto executive and designer John DeLorean, played with enigmatic charisma by Lee Pace, and provides an amusing account of his bizarre fall from grace. The story is stretched a little too much, but it's easy to enjoy the comic side of the tale. 2018, 15, 113MIN

CLASSIC HORROR

The Omen

11pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

American diplomat Gregory Peck's adopted little boy, Damien (Harvey Stephens), has Satan's mark of 666, while a series of horrific events reveal him to be a terrifying little devil... Lee Remick is mum, Billie Whitelaw is the lad's creepy nanny and Patrick Troughton's priest and David Warner's photographer are just two of those who get on the wrong side of him. The shocks still hold up well in this chilling classic. 1976, 15, 111MIN

THRILLER

Blade Runner 2049

11.25pm, BBC1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A magnificent sequel to the iconic 1982 movie from director Denis Villeneuve. Set 30 years after the original, the film has a new Blade Runner, Ryan Gosling's replicant 'K', as its hero, who teams up with Harrison Ford's grizzled Deckard, in a reprise of his role. The dystopian future world conjured up by the photography is both stunning and haunting. 2017, 15, 163MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Australia's Joseph-Aukuso Suaalii and the Lions' Maro Itoje

THE MAIN EVENT

Australia V The Lions

As the first Test kicks off, former Lions star **Dan Biggar** previews the action

LIVE RUGBY UNION

Saturday, kick-off 11am, Sky Sports The Lions & Sky Sports Main Event

After a series of punishing but successful warm-up games, Andy Farrell's British & Irish Lions play the first of three Tests against hosts Australia in Brisbane on Saturday morning, with all matches being shown live on Sky Sports.

Joe Schmidt's Wallabies have been inconsistent of late, and confidence is high among a talented Lions squad that's led by captain Maro Itoje and features a record number of Irish players, plus the youngest Lion on the tour, 20-year-old Henry Pollock.

We asked former Wales and Lions international Dan Biggar, who's part of the Sky Sports team, to assess their chances…

Dan Biggar

How do you rate this Lions team compared with previous sides? This team is very much a new crop, a new cycle, with players like Tommy Freeman, Alex Mitchell and Henry Pollock. Australia aren't at the top of world rugby at the minute, but they're still going to be a huge challenge. This group of players is well suited to playing in Australia – the young, hungry attitude will bode well.

What are Andy Farrell's strengths as a coach? His key strength, based on what I've heard from a lot of the Irish lads, is how he brings a team together – not just as rugby players, but as people. On and off the field, he's doing

WORDS: RICHARD MCCLURE PHOTOS: GETTY SHUTTERSTOCK

THE HISTORY

1989

Sir Ian McGeechan was coach for the first tour to Australia since 1971. Gavin Hastings and Rob Andrew helped the team come from 1-0 down to win the series.

2001

Martin Johnson captained Graham Henry's side. But even the presence of Jonny Wilkinson (right) couldn't prevent a 2-1 Australia win.

2013

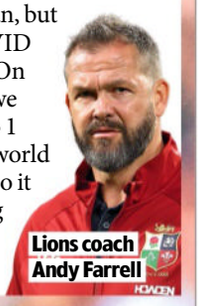
Last time out, Sam Warburton (far right) was tour captain as the Lions won the series 2-1, with 10 Wales players in the final Test XV.

Back-row star Henry Pollock

a brilliant job. They look like a really happy group.

Who will be Australia's biggest threats? The Wallabies are not as strong as they used to be – they are ranked just eighth in the world. But clearly, Joseph-Aukuso Suaalii is the celebrity name. He's quick, strong and brilliant in the air. Tom Wright at full back is a really dangerous counter-attacker, then up front, I'd probably look at someone like Angus Bell and Rob Valetini – guys who are going to get them on the front foot.

How do you look back on your two Lions tours? They were very different – 2017 felt like a real Lions tour, with the fans, the stadiums, the cities. I didn't really have expectations of making the Test team, with guys like Owen Farrell and Johnny Sexton around, so I just enjoyed it for what it was – and ended up playing some good rugby. In 2021, I started all three Tests, and was sort of the main man, but we had COVID conditions. On both tours, we faced the No 1 team in the world at the time, so it was amazing to be part of both.


Lions coach Andy Farrell

THE TESTS

Saturday 19 July
First Test
Brisbane, 11am

Saturday 26 July
Second Test
Melbourne, 11am

Saturday 2 August
Third Test
Sydney, 11am

Josh Kerr and Jakob Ingebrigtsen

Britain's Keely Hodgkinson

LIVE ATHLETICS

Diamond League: London

Saturday, BBC1

The Diamond League season pitches up at the London Stadium on Saturday when a host of track-and-field champions will compete before a capacity crowd. Among the highlights is the much-anticipated showdown in the men's 1,500m between Norway's former Olympic champion Jakob Ingebrigtsen and Britain's former world champion and Olympic silver medallist Josh Kerr – the first clash between the arch-rivals on British soil. Meanwhile, after struggling with injury since her gold medal in the women's 800m in Paris, Keely Hodgkinson has targeted London for her latest comeback attempt. The 23-year-old set a national record at the 2024 event. 'Having the crowd behind me in London, plus a bunch of super-quick ladies to race against, will be the best possible preparation as I build towards the World Championships in Tokyo,' she says.

England came in as defending champions

LIVE FOOTBALL

Women's Euro 2025 semi-finals

Tuesday & Wednesday, kick-offs 8pm, BBC1 & ITV1

Following the last quarter-final on Saturday (kick-off 8pm), the remaining four nations battle it out for a place in the Women's Euro 2025 final – with the semi-finals taking place in Geneva on Tuesday and Zurich on Wednesday. Three years ago, the last-four matches saw England thrash Sweden 4-0, with Alessia Russo among the goals, to make it through to a third final, while Germany, playing in a record 10th semi-final, beat France 2-1.

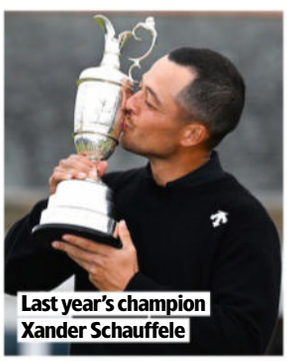
World No 1 Luke Humphries

LIVE DARTS

World Matchplay

From Saturday, Sky Sports+, Sky Sports Action & Sky Sports Main Event

Thirty-two of the world's best players will be on the oche at a sold-out Winter Gardens in Blackpool as they compete for the Phil Taylor Trophy and a prize fund of £800,000. Defending champion Luke Humphries comes into the Triple Crown tournament in good form, having won the US Darts Masters at New York's Madison Square Garden in June, while Stephen Bunting will also be full of confidence after picking up two titles – a Players Championship and the Nordic Masters last month.


Last year's champion Xander Schauffele

LIVE GOLF

The Open Championship

Sat & Sun, Sky Sports Golf & Sky Sports Main Event

The winner of the 2025 Claret Jug will be decided over the final two rounds at Royal Portrush this weekend. Twelve months ago, the USA's Xander Schauffele shot a final-round 65 at Royal Troon to finish two shots clear. Big hitters Rory McIlroy and Bryson DeChambeau both missed the cut last year, but will they be in contention this weekend?

More Sport and Sport A-Z »»

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Sport week A-Z GUIDE

England v India: Fourth Test

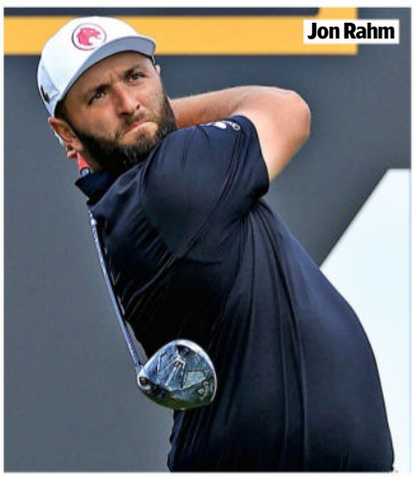
Jamie Smith of England

Old Trafford stages the latest clash in **an unmissable series**

LIVE CRICKET

From Wednesday, Sky Sports Cricket & Sky Sports Main Event

Fans at Old Trafford should be in for a treat when the sides reconvene for the fourth match of India's five-Test tour. So far, the fascinating series has seen some outstanding individual performances, including Shubman Gill's history-making 269 in the second Test, an innings that set a new record for the highest individual Test score by an Indian captain. He'd earlier also passed the milestone of 2,000 runs in Test cricket. Other highlights have included England's Jamie Smith's five boundaries in a single over at Edgbaston as the Surrey star smashed a century in just 80 balls – the joint-third-fastest 100 by an England player and the fastest by an England wicketkeeper.


Jon Rahm

LIVE GOLF

LIV Golf UK

Friday, ITVX & DAZN

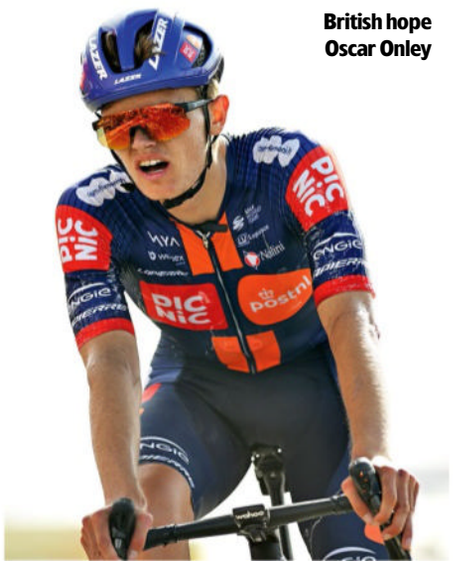
The breakaway golf league comes to the UK, with the JCB Golf & Country Club in Staffordshire once again staging the three-day event. Spain's Jon Rahm is back after taking the honours last year when he finished ahead of Legion XIII teammate Tyrrell Hatton. Chile's Joaquín Niemann has been the standout player in 2025, winning a whopping $17 million for his victories in Adelaide, Singapore, Mexico City and Virginia.

LIVE CYCLING

Tour de France

Sat-Sun & Tue-Fri, ITV4, TNT Sports 1, S4C & Discovery+

This year's race has seen Britain's Oscar Onley make a promising start in only his second Tour. The 22-year-old from Kelso was seventh in the overall race after four stages and will be looking to improve on last year's 39th-place finish. The Scottish climber will want to make his mark as the peloton head into the Alps this week, including Tuesday's finish on Mont Ventoux and Thursday's ascent to ski resort Courchevel.


British hope Oscar Onley

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

ATHLETICS

LIVE Diamond League
Sat 1.15pm BBC1
The London Athletics Meet, the 11th meeting of the season at London Stadium. See p29.

AUSTRALIAN RULES

LIVE Sydney Swans v North Melbourne
Sat 7am TNT Sports 1 (bounce-up 7.15am) The AFL match at Sydney Cricket Ground.

LIVE Carlton v Melbourne
Sat 10.30am TNT Sports 4 (bounce-up 10.35am) The AFL game at Melbourne Cricket Ground.

LIVE Geelong Cats v St Kilda
Sat 4am TNT Sports 2 (bounce-up 4.10am) The AFL match from GMHBA Stadium.

LIVE Collingwood v Fremantle
Sun 6am TNT Sports 4 (bounce-up 6.15am) The AFL game from Melbourne Cricket Ground.

LIVE Adelaide Crows v Gold Coast Suns
Sun 7.30am TNT Sports 1 (bounce-up 7.40am) The AFL match staged at Adelaide Oval.

LIVE Hawthorn v Carlton
Thu 10.15am TNT Sports 2 (bounce-up 10.30am) The AFL game at Melbourne Cricket Ground.

LIVE Essendon v Western Bulldogs
Fri 10am TNT Sports 3 (bounce-up 10.20am) The AFL match staged at Marvel Stadium.

LIVE Gold Coast Suns v Brisbane Lions
Fri 4am TNT Sports 1 (bounce-up 4.20am) The AFL match at People First Stadium.

BASEBALL

LIVE Toronto Blue Jays v San Francisco Giants
Sat 8pm TNT Sports 1 (start-time 8.05pm) The MLB inter-league game at Rogers Centre.

LIVE Arizona Diamondbacks v St Louis Cardinals
Sat 12m't TNT Sports 2 (start-time 12.15am) The MLB National League fixture staged at Chase Field in Phoenix.

LIVE Los Angeles Dodgers v Milwaukee Brewers
Sat 2am TNT Sports 3 (start-time 2.10am) The MLB National League match staged at Dodger Stadium in Los Angeles.

LIVE Atlanta Braves v New York Yankees
Sun 6.30pm TNT Sports 1 (start-time 6.35pm) The MLB inter-league match staged at Truist Park in Atlanta, Georgia.

LIVE Los Angeles Dodgers v Milwaukee Brewers
Sun 9pm TNT Sports 2 (start-time 9.10pm) The MLB National League match staged at Dodger Stadium in Los Angeles.

LIVE MLB
Sun 12m't TNT Sports 3

LIVE Chicago Cubs v Kansas City Royals
Mon 1am TNT Sports 1 (start-time 1.05am) The MLB inter-league match at Wrigley Field.

LIVE Tampa Bay Rays v Chicago White Sox
Tue 11.30pm TNT Sports 1 (start-time 12.35am) The MLB American League match staged at George M. Steinbrenner Field.

LIVE Atlanta Braves v San Francisco Giants
Wed 5pm TNT Sports 1 (start-time 5.15pm) The MLB National League game at Truist Park.

LIVE Los Angeles Dodgers v Minnesota Twins
Wed 9pm TNT Sports 1 (start-time 9.10pm) The MLB inter-league game at Dodger Stadium.

LIVE Philadelphia Phillies v Boston Red Sox
Wed 12m't TNT Sports 2 (start-time 12.05am) The MLB inter-league fixture staged at Citizens Bank Park, Philadelphia.

LIVE Cleveland Guardians v Baltimore Orioles
Thu 6pm TNT Sports 1 (start-time 6.10pm) The MLB American League match.

LIVE Milwaukee Brewers v Miami Marlins
Fri 9pm TNT Sports 1 (start-time 9.10pm) The MLB National League match staged at American Family Field.

COMBAT SPORTS

LIVE UFC 318 Prelims
Sat 1am TNT Sports 1
The early bouts staged at Smoothie King Center in New Orleans.

LIVE Max Holloway v Dustin Poirier
Sat 3am TNT Sports 1
The lightweight bout staged at Smoothie King Center in New Orleans, plus the undercard fights.

CRICKET

LIVE England v India
Sat 10.30am Sky Sports Cricket
The second one-day women's international of the three-match series, held at Lord's in London.

LIVE West Indies v Australia
Sun 12.45am TNT Sports 1
The first T20 game in the five-match series from Kingston in Jamaica.

LIVE England v India
Tue 12.30pm Sky Sports Cricket & 1.45pm Sky Sports Main Event
The third and final ODI in the women's series at the Riverside Ground, Chester-le-Street, County Durham.

LIVE West Indies v Australia
Tue 12.45am TNT Sports 2
The second T20 in the series at Sabina Park in Kingston, Jamaica.

LIVE England v India
Wed 10am Sky Sports Main Event & Sky Sports Cricket
The opening day of the fourth men's Test, at Old Trafford in Manchester.

LIVE England v India
Thu 10.15am Sky Sports Main Event & Sky Sports Cricket
Day two of the fourth Test at Old Trafford in Manchester.

LIVE England v India
Fri 10.15am Sky Sports Main Event & Sky Sports Cricket
Day three of the fourth Test at Old Trafford in Manchester.

Sport A-Z >>>

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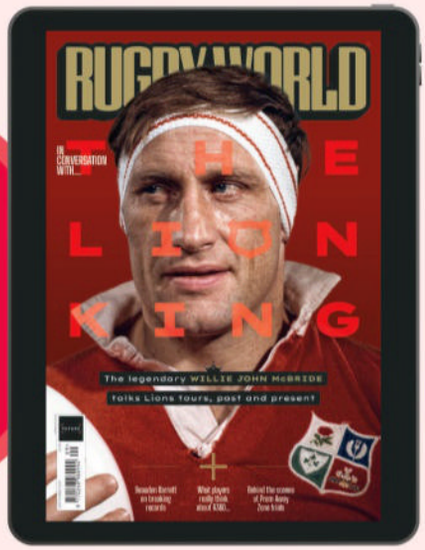

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Sport week A-Z GUIDE

LIVE West Indies v Australia
Fri 11.45pm TNT Sports 2
The third T20 in the five-match series staged at Warner Park.

CYCLING

LIVE Tour de France
Sat 10.30am, Sun 12noon, Tue & Thu 11am, Wed 12.30pm & Fri 12.15pm TNT Sports 1; Sat 11am, Sun 1.30pm, Tue & Wed 2pm, Thu 11am & Fri 12.15pm ITV4; Sat, Sun & Fri 2pm S4C
Stages 14 to 19 of the race in France.

LIVE Clasica Terres de l'Ebre
Mon 3pm TNT Sports 1
The one-day road race in Spain.

DARTS

LIVE World Matchplay
Sat 7pm, Sun 1pm & 7pm & Fri 7.30pm Sky Sports+; Sat & Tue 8.30pm, Sun, Thu & Fri 7.30pm, Mon & Wed 7pm Sky Sports Main Event; Mon-Wed 7pm & Thu 7.30pm Sky Sports Action
Days one to seven at Winter Gardens in Blackpool. See p29.

FISHING

LIVE Fish-O-Mania
Sat 11.30am Sky Sports+
The annual competition at Westwood Lakes in Boston, Lincolnshire.

FOOTBALL

LIVE Eintracht Frankfurt v FSV Frankfurt
Sat 4.55pm Premier Sports 2 (kick-off 5pm)
The friendly at PSD Bank Arena.

LIVE Stirling Albion v Hearts
Sat 5pm Premier Sports 1 (kick-off 5.15pm)
The Scottish League Cup Group E match from Forthbank Stadium.

LIVE Women's Euro 2025
Sat 7.10pm ITV1/7.30pm BBC1 (kick-off 8pm)
The fourth quarter-final at St. Jakob-Park in Basel. France were the last team to book their place in the semi-finals of Euro 2022. See p29.

LIVE Rapid Vienna v FC Union Berlin
Sun 2.55pm Premier Sports 1 (kick-off 3pm)
The friendly at Allianz Stadion.

LIVE Women's Euro 2025
Tue 7pm ITV1/7.30pm BBC1 (kick-off 8pm)
The first semi-final at Stade de Genève in Switzerland. England were in dominant form at this stage of the 2022 tournament. See p29.

LIVE Motherwell v Morton
Tue 7.30pm Premier Sports 1 (kick-off 7.45pm)
The Scottish League Cup Group G match staged at Fir Park.

LIVE Women's Euro 2025
Wed 7pm ITV1/7.30pm BBC1 (kick-off 8pm)
The second semi-final at Stadion Letzigrund in Zurich. A brace by the tournament's joint top scorer Alexandra Popp helped Germany to a hard-fought 2-1 win over France at this stage in 2022. See page 29.

GAELIC GAMES

LIVE Cork v Tipperary
Sun 3pm BBC2 (throw-in 3.30pm) The All-Ireland Senior Hurling Championship final.

GENERAL SPORTS

LIVE World University Games
Sun 1.15pm, Mon 6pm, Tue 4.30pm, Wed & Thu 7pm, Fri 12noon & 6pm TNT Sports 4
The multi-sport event staged in Rhine-Ruhr, Germany.

GOLF

LIVE The Open
Sat 11am & Sun 10am Sky Sports Golf; Sat 2pm & Sun 10am Sky Sports Main Event
Days three and four of the Major staged at Royal Portrush. See p29.

LIVE Barracuda Championship
Sat 10pm & Sun 9pm Sky Sports Golf; Sat & Sun 11pm Sky Sports Main Event
Days three and four from Tahoe Mountain Club in Truckee, California.

LIVE Women's Scottish Open
Thu & Fri 9.30am Sky Sports Golf
The first and second days staged at Dundonald Links in Irvine, Ayrshire.

LIVE Senior Open Championship
Thu & Fri 1.30pm Sky Sports Golf
Days one and two staged at Sunningdale Golf Club in Berkshire.

LIVE 3M Open
Thu & Fri 7pm Sky Sports Golf
Days one and two staged at TPC Twin Cities in Blaine, Minnesota.

LIVE LIV Golf UK
Fri ITVX & DAZN
Day one from Staffordshire.

HORSE RACING

LIVE Newbury, Market Rasen and The Curragh
Sat 1.30pm ITV1

LIVE Racing League
Thu 5.30pm ITV4

MINORITY SPORTS

LIVE Climbing World Cup
Sat 7.30pm TNT Sports 2
The lead finals from Madrid, Spain.

MOTORCYCLING

LIVE MotoGP
Sat 7.30am TNT Sports 2
Grand Prix of Czechia Moto2 and Moto3 free practice sessions.

LIVE MotoGP
Sat 9am TNT Sports 2
The Grand Prix of Czechia MotoGP qualifying session at Automotodrom Brno in Brno, Czechia.

LIVE MotoGP
Sat 11.45am TNT Sports 2
The Grand Prix of Czechia Moto3 and Moto2 qualifying sessions.

LIVE The Grand Prix of Czechia MotoGP sprint race
Sat 1.45pm TNT Sports 2
From Automotodrom Brno.

LIVE MotoGP Northern Talent Cup
Sat 3.45pm TNT Sports 4
Grand Prix of Czechia first race.

LIVE MotoGP Northern Talent Cup
Sun 7.30am TNT Sports 2
Grand Prix of Czechia race two.

LIVE MotoGP
Sun 8.30am TNT Sports 2
Grand Prix of Czechia warm-up.

LIVE The Grand Prix of Czechia MotoGP Moto3 race
Sun 9am TNT Sports 2
From Automotodrom Brno.

LIVE The Grand Prix of Czechia MotoGP Moto2 race
Sun 11am TNT Sports 2
From Automotodrom Brno.

LIVE The Grand Prix of Czechia MotoGP MotoGP race
Sun 12.15pm TNT Sports 2
The 12th round of the season at Automotodrom Brno in Czechia.

LIVE Leicester Lions v Sheffield Tigers
Mon 7.30pm TNT Sports 1
British Speedway ninth round.

LIVE Rospiggarna v Indianerna
Tue 5.55pm Premier Sports 2
A Swedish Speedway match.

LIVE Indianerna v Smederna
Wed 5.55pm Premier Sports 1
A Swedish Speedway match.

LIVE Superbike World Championship
Fri 9.15am & 2pm TNT Sports 2
The eighth round of the season at Balaton Park Circuit in Hungary.

MOTORSPORT

LIVE World Rally Championship
Sat 6.15am, 8.45am, 1pm, 3.30pm & 5.45pm, Sun 7.30am, 8.30am & 11am TNT Sports 3
The Rally Estonia from Tartu.

LIVE Ferrari Challenge
Sat 12.50pm & 2.05pm Sky Sports F1

LIVE Indycar
Sat 1.30pm Sky Sports Mix

LIVE Indycar
Sat 3.30pm Sky Sports F1
The Ontario Honda Dealers Indy Toronto second practice session.

LIVE Indycar
Sat 7.30pm Sky Sports F1
The Ontario Honda Dealers Indy Toronto qualifying session.

LIVE GT World Challenge Europe
Sun 1pm Sky Sports F1
Round six staged at Misano World Circuit Marco Simoncelli in Italy.

LIVE Indycar
Sun 5pm Sky Sports F1
The Ontario Honda Dealers Indy Toronto at Exhibition Place, Canada.

LIVE NASCAR
Sun 6.30pm Premier Sports 1
The AutoTrader EchoPark Automotive 400 at Dover Motor Speedway in Dover, Delaware.

LIVE Formula 3
Fri 7.50am Sky Sports F1
Belgian Grand Prix practice session.

LIVE Formula 2
Fri 9am Sky Sports F1
Belgian Grand Prix practice session.

LIVE Formula 1
Fri 11am Sky Sports F1
Belgian Grand Prix first practice at Circuit de Spa-Francorchamps.

LIVE Formula 3
Fri 12.55pm Sky Sports F1
The qualifying session for the Belgian Grand Prix staged at Circuit de Spa-Francorchamps.

LIVE Women's Circuit Racing World Championship
Fri 1pm TNT Sports 2
From Balaton Park Circuit, Hungary.

LIVE Formula 2
Fri 1.50pm Sky Sports F1
The Belgian Grand Prix qualifying session staged at Circuit de Spa-Francorchamps in Wallonia.

LIVE Formula 1
Fri 3pm Sky Sports F1
The Belgian Grand Prix sprint qualifying session staged at the Circuit de Spa-Francorchamps.

LIVE Formula E
Fri 4pm TNT Sports 2
London ePrix first free practice session at ExCeL London Circuit.

LIVE Indycar
Fri 10pm Sky Sports F1
The Java House Grand Prix of Monterey first practice session.

POOL

LIVE World Pool Championship
Mon 5pm, Tue 11am & 5pm, Wed & Thu 11am & 5.30pm, Fri 12noon & 6pm Sky Sports Mix
Days one to five of the event from Green Halls in Jeddah, Saudi Arabia.

LIVE Ultimate Pool
Mon 6pm TNT Sports 2
Group Eight of the Pairs Cup.

RUGBY LEAGUE

LIVE Canterbury-Bankstown Bulldogs v St George Illawarra Dragons
Sat 6.15am Sky Sports Mix (kick-off 6.15am) The NRLW match staged at Accor Stadium in Sydney.

LIVE Cronulla-Sutherland Sharks v North Queensland Cowboys
Sat 8.15am Sky Sports Mix (kick-off 8.15am) The NRLW match from Sharks Stadium in Sydney.

LIVE Canterbury Bulldogs v St George-Illawarra Dragons
Sat 8.30am Sky Sports+ (kick-off 8.30am) The NRL match staged at Accor Stadium in Sydney.

LIVE Melbourne Storm v Manly-Warringah Sea Eagles
Sat 10.30am Sky Sports Mix (kick-off10.25am) The NRL game staged at AAMI Park in Melbourne.

LIVE Wigan Warriors v Hull FC
Sat 2.55pm BBC2 & Sky Sports+ streaming (Kick-off 3pm) Super League.

LIVE Catalans Dragons v Hull Kingston Rovers
Sat 5.55pm Sky Sports Mix (kick-off 6pm) The Super League match staged at Stade Gilbert Brutus in Perpignan, France.

LIVE Wests Tigers v Gold Coast Titans
Sat 2.50am Sky Sports Mix (kick-off 2.50am) The NRLW match staged at Leichhardt Oval, Sydney.

LIVE Brisbane Broncos v Sydney Roosters
Sat 4.45am Sky Sports Mix (kick-off 4.45am) NRLW game at Totally Workwear Stadium, Brisbane.

LIVE Newcastle Knights v New Zealand Warriors
Sun 7am Sky Sports+ (kick-off 7.05am) The NRL game from McDonald Jones Stadium.

LIVE Newcastle Knights v New Zealand Warriors
Sun 9.15am Sky Sports Mix (kick-off 9.15am) The NRLW match from McDonald Jones Stadium.

LIVE Wakefield Trinity v Leeds Rhinos
Thu 7.30pm Sky Sports+ (kick-off 8pm) The Super League match from the 20th round of fixtures at DIY Kitchens Stadium.

LIVE Wigan Warriors v Catalans Dragons
Fri 7.55pm Sky Sports Mix (kick-off 8pm) The Super League game staged at the Brick Community Stadium.

LIVE New Zealand Warriors v Gold Coast Titans
Fri 3.45am Sky Sports Mix (kick-off 3.45am) The NRLW game at Go Media Stadium in Auckland.

RUGBY UNION

LIVE New Zealand v France
Sat 7.55am Sky Sports The Lions & 8am Sky Sports Main Event (kick-off 8.05am) The third and final Test at FMG Stadium Waikato.

LIVE Australia v British & Irish Lions
Sat 10am Sky Sports Main Event & Sky Sports The Lions (kick-off 11am) The first Test of the three-match series from Suncorp Stadium in Brisbane. See p28.

LIVE South Africa v Georgia
Sat 3.50pm Sky Sports The Lions (kick-off 4.10pm) The Test match staged at Mbombela Stadium.

LIVE First Nations & Pasifika XV v British & Irish Lions
Tue 10.30am Sky Sports Main Event & Sky Sports Action (kick-off 11am) The midweek match staged at Marvel Stadium.

SAILING

LIVE SailGP
Sat & Sun 4pm TNT Sports 2
Days one and two of the Great Britain Sail Grand Prix in Portsmouth.

TENNIS

LIVE ATP Los Cabos Open
Sat 6am & 4am Sky Sports Tennis
The semi-finals of the event at Cabo Sports Complex in Mexico.

LIVE ATP Swiss Open Gstaad
Sat 10am & Sun 10.30am Sky Sports Tennis
The semi-finals and final of the ATP 250 event at Roy Emerson Arena.

LIVE WTA & ATP Tours
Sat 12noon, Sun 1pm, Mon-Thu 10am & Fri 1pm Sky Sports Tennis; Mon 10am, Tue-Thu 10am & 3pm, Fri 1pm Sky Sports+
Including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.

LIVE WTA Iasi Open
Sat 5pm & Sun 3.30pm Sky Sports Tennis
The semi-finals and final staged at Baza Sportive Ciric in Romania.

LIVE ATP Croatia Open
Sun 5.30pm & 8pm Sky Sports Tennis
The opening day at the International Tennis Center in Umag, Croatia.

LIVE Washington Open
Mon-Wed 10pm & Thu 10.15pm Sky Sports+; Mon-Fri 10pm Sky Sports Tennis; Mon, Thu & Fri 11pm, Tue & Wed 12m't Sky Sports Main Event
Days one to five of the event staged at William H.G. FitzGerald Tennis Center in Washington D.C.

LIVE ATP Austrian Open
Fri 11.30am Sky Sports Tennis
The semi-finals of the ATP 250 event, a clay-court tournament at Tennis stadium Kitzbühel in Austria.

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Saturday

SEE WHATTOWATCH.COM FOR SCHEDULE UPDATES

19 July

Evening Planner

Saturday

Comedy Drama

Sacramento

Sky Premiere, 6.30am & 3.30pm

Michael Angarano and Michael Cera play two friends who set off on a road trip to find themselves. With Kristen Stewart.

Rugby Union

Australia v British & Irish Lions: 1st Test

Sky Sports Main Event & Sky Sports The Lions, kick-off 11am

Coverage of the Wallabies v the Lions.

Athletics

Diamond League: London

BBC1, 1.15pm & BBC iPlayer

The 11th meeting of the season should feature Olympic champion Noah Lyles of the USA in action in the 100 metres.

OnDemand

Krays: London Gangsters

Available today

Docuseries about the notorious Kray brothers, featuring never-before-heard audio tapes.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Michael...	7.30 Blankety Blank	8.05 The Weakest Link	8.50 Pointless Celebrities	9.40 Not Going Out	10.10 News	10.30 Film: Gosford...	
	102 BBC2	‹ 6.30 Celebrity...	7.30 Dad's Army	8.00 Golf: The Open Highlights			10.00 Film: The Commitments		
	103 ITV1		7.10 Deal or No Deal Celebrity Special	8.15 Film: Downton Abbey				10.30 News	
	104 CHANNEL 4	‹ 6.30 Film: Titanic						10.15 Film: Inglourious Basterds	
	105 5	7.00 Lip-Reading the Royals: The Secret Conversations			8.30 Charles vs Andrew: Can the Rift Ever Heal?			10.00 1984: Those Were the Days	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Film: Ocean's Eleven			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
	116 BBC4	7.00 Agatha Christie: Lucy Worsley on the...		8.00 Miss Marple: A Murder Is Announced					
	118 ITV2	‹ 6.15 Film: War for the Planet of the Apes				9.00 Love Island: Unseen Bits		10.05 Olivia Attwood: The Price of...	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.40 Game of Thrones				9.00 The White Lotus		10.10 The Gilded Age	
	110 U&GOLD	‹ 6.20 Only Fools and Horses			8.20 Neil & Martin's Bon Voyage		9.30 Men Behaving Badly		
	111 U&DAVE		7.05 Red Dwarf			9.00 The Office		10.00 Extras	
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Police Academy 7: Mission to Moscow				9.50 Film: Beverly Hills Cop	
	112 COMEDY CENTRAL	‹ 6.25 Michael...	7.25 Film: Ace Ventura Pet Detective			9.00 Film: Men in Black II			
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	7.00 Joe Lycett's United States of...		8.00 Mr Bigstuff					
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Death in Paradise				10.00 My Life Is Murder	
	130 SKY ARTS	‹ 6.00 The Cavern...	7.30 Film: The Beatles: Eight Days a Week – The Touring Years				9.30 Paul Simon: In Restless Dreams		
	132 U&W	7.00 First Responders				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy & Juan				9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 World's Greatest Treasure Mysteries				9.00 Airport Security: USA			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Classic Car Kings	
	121 SKY DOCS	7.00 Pee-wee as Himself							
FILMS – Sky Cinema	301 PREMIERE	‹ 5.10 Wicked		8.00 Juror #2				10.10 Gladiator II	
	302 2025 RECAP	‹ 6.00 Venom: The Last Dance		8.00 Gladiator II				10.30 Joker: Folie à...	
	303 HITS	‹ 6.05 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				10.00 A Star Is Born	
	304 GREATS	‹ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 Indiana Jones and the Last Crusade	
	305 ANIMATION	‹ 5.40 The Wild...	7.30 Madagascar 3: Europe's Most Wanted			9.10 The Wild Thornberrys Movie			
	306 FAMILY	‹ 5.40 Look...	7.20 Cats & Dogs		8.55 Big Fat Liar			10.25 Bookworm	
	307 ACTION	‹ 5.50 Superman III		8.00 Superman Returns				10.35 Justice...	
	308 BUDDY FILMS	‹ 6.15 The Hangover		8.00 The Hangover Part II			9.50 The Hangover Part III		
	309 THRILLER	‹ 6.10 Layer Cake		8.00 Jason Bourne				10.15 The Sum of All Fears	
	310 DRAMA	‹ 5.45 It Ends with Us		8.00 The King's Speech				10.10 The Post	
	311 SCI-FI	‹ 6.10 The Purge: Anarchy		8.00 Speak No Evil				10.00 28 Days Later	
	313 FILM4	‹ 6.15 The Karate Kid				9.00 The Equalizer			
SPORT	401 MAIN EVENT	‹ 2.00 The Open – Live: Coverage of day three			8.30 World Matchplay Darts – Live: Coverage of day one of the tournament from Winter Gardens in Blackpool				
	402 PREMIER LEAGUE	7.00 PL Special: The Centurions		8.00 Transfer 360		9.00 Chasing the Dream		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro		8.00 EFL Greatest Games				10.00 EFL Cup Retro	
	404 CRICKET	7.00 Ashes Greats	7.30 The Film Room...	8.00 Best of England v India		9.00 Women's International One-Day Cricket			
	410 TNT SPORTS 1	7.00 MLB Highlights		8.00 MLB – Live: Toronto Blue Jays v San Francisco Giants (Start-time 8.07)					
	411 TNT SPORTS 2	‹ 5.30 Test Cricket...	7.30 IFSC Climbing World Cup – Live: The men's and women's lead finals in Madrid, Spain				9.30 World Rally...	10.00 Tom Aspinall's...	10.30 UFC...

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

TONIGHT'S BBC AND ITV SCHEDULES WILL BE AFFECTED BY EURO 2025 SEE WHATTOWATCH.COM FOR UPDATES

Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** (S)
11.30 **The Great Food Guys** (S)(R)(AD)
12.00 NOON **Homes Under the Hammer** From Bolton. (S)(R)(AD)
1.00 PM **BBC News** (S)
1.15 **LIVE Athletics: Diamond League** Coverage of the London Athletics Meet, the 11th meeting of the season from London Stadium. (S)
4.25 **Escape to the Country** Sonali Shah searches for a rural property in Derbyshire. (S)(R)(AD)
4.55 **Garden Rescue** (S)(R)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **NEW SERIES The Hit List** Marvin and Rochelle Humes present a music-based quiz with contestants from Sheffield, Nottingham and Liverpool competing. (S)

• *Alternative schedule* If BBC1 show this evening's football, the schedule will be: **5.35-5.40pm Local News** (S) **7.30-10.10pm LIVE Football: Women's Euro 2025** Coverage of the fourth quarter-final staged at St. Jakob-Park in Basel, Switzerland, as the winners of Group D face the Group C runners-up. Kick-off is at 8.00. (S)

6 PM

6.30 **Michael McIntyre's The Wheel** The comedian hosts the game show, with guests Harry Redknapp, Carol Vorderman, Nick Grimshaw, Andi Oliver, Tom Read Wilson, Angela Scanlon and Chunkz assisting the contestants. (S)(R)

7 PM

7.30 **Blankety Blank** Bradley Walsh hosts the comedy quiz show, in which a panel of six celebrities fill in the blanks to help contestants win some brilliant prizes. (S)(R)

8 PM

8.05 **The Weakest Link** Romesh Ranganathan asks general knowledge questions against the clock as contestants try to avoid being voted off the team. (S)(R)

9 PM

8.50 **Pointless Celebrities** Alexander Armstrong and Richard Osman present a star-studded version of the general knowledge quiz. (S)(R)
9.40 **Not Going Out** Series finale 6/6. Lee uses discount vouchers to book a hotel room. (S14) (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.10 **BBC News** (S)
10.30 **FILM Gosford Park** Robert Altman's period comedy drama starring Michael Gambon, Kristin Scott Thomas and Maggie Smith. In 1932, an eclectic group of people gather at a magnificent country estate for a weekend shooting party. However, as the weekend goes on, jealousies and resentments seethe, leading to murder. (S)(AD) (2001, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 **Earth's Wildest Waters: The Big Fish** Documentary. (S)(R)(AD)
11.00 **This Farming Life** (S)(R)
12.00 NOON **Mary Berry's Simple Comforts** Fuss-free dishes. (S)(R)
12.30 PM **The Best Dishes Ever** (S)(R)
1.00 **FILM The Searchers** John Ford Western starring John Wayne. A war veteran undertakes a five-year search for his niece. (S) (1956, U, 115min) ★★★★★
2.55 **LIVE Rugby League: Super League Live** Wigan Warriors v Hull FC: Coverage of the match staged at Brick Community Stadium. Kick-off is at 3.00. (S)
5.00 **Jaguars: Born Free – A Natural World Special** (S)(R)(AD)
5.45 **Flog It!** At the RAF Museum. (S)(R)

8.00 Golf: The Open Highlights

6.30 **Celebrity Antiques Road Trip** *Emmerdale* stars Michelle Hardwick and Amy Robbins are joined by mentors Margie Cooper and Izzie Balmer to find the most valuable antiques in Norfolk. (S)(R)
7.30 **Dad's Army** 9/14. Mainwaring and Wilson decide to recruit women into the platoon to take care of the less demanding tasks, but the captain loses his heart to an attractive widow. (S4) (S)(R)
8.00 **Golf: The Open Highlights** Action from day three of the Major, held this year at Royal Portrush Golf Club in County Antrim. Billy Horschel held the lead at the end of the third round last year at Royal Troon, with six players one stroke behind him including English hopes Dan Brown and Justin Rose, and eventual champion Xander Schauffele. (S)
10.00 **FILM The Commitments** Alan Parker's vibrant comedy drama about the struggles of a motley group of musicians who created a soul band in Dublin, starring Robert Arkins, Angeline Ball, Andrew Strong and Maria Doyle. (S)(AD) (1991, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 **FILM Mud** Coming-of-age adventure set in the Mississippi Delta, starring Matthew McConaughey and Tye Sheridan. A 14-year-old boy agrees to help a fugitive in his quest to be reunited with his one true love. With Reese Witherspoon. (S)(AD) (2012, 12, 125min) ★★★★
1.55 **to 6.55** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Ainsley's Food We Love** (S)(R)
6.30 **FILM Tomorrow Never Dies** James Bond action thriller. (S)(AD) (1997, 12, 115min) ★★★
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning**
11.40 **John and Lisa's Weekend Kitchen** New edition (S)
12.40 PM **Raymond Blanc's Royal Kitchen Gardens** (S)(AD)
1.10 **ITV News** (S)
1.30 **LIVE Racing:** From Newbury, Market Rasen and The Curragh. (S)
4.00 **Tipping Point: Best Ever Finals** The most dramatic endgames. (R)
4.30 **The Chase Celebrity Special** (R)
5.35 **Shark! Celebrity Infested Waters** Reality series. (S)(R)(AD)

• *Alternative schedule* If ITV1 show this evening's football, the schedule will be: **7.10pm LIVE Football: Women's Euro 2025** Coverage of the fourth quarter-final staged at St. Jakob-Park, as the winners of Group D face the Group C runners-up. Kick-off is at 8.00. (S) **10.20 ITV News** (S) **10.40-11.50pm Suspicion** The five suspects attempt to uncover who framed them. (S)(AD)

6.40 **ITV News** (S)
7.00 **Local News** (S)
7.10 **Deal or No Deal Celebrity Special** Stephen Mulhern hosts as a famous face tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win money for charity. (S)(R)
8.15 **FILM Downton Abbey** Drama based on the TV series, starring Hugh Bonneville, Michelle Dockery and Maggie Smith. The Crawley family prepare for a royal visit from George V and Queen Mary, but the occasion soon unleashes scandal, romance and intrigue, leaving the future of Downton hanging in the balance. (S)(AD) (2019, PG, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.30 **ITV News** (S)
10.45 **Suspicion** New episode 5/8. The five suspects try to uncover who framed them – or find who is guilty – while hiding in a cottage in the country. (S1) (S)(AD)
11.50 **Tour de France Highlights** Action from stage 14, which consisted of a 182.6km route from Pau to Luchon-Superbagnères. (S)(R)
12.40 AM **Teleshopping**
3.00 **The Twelve** 1/10. Australian courtroom drama starring Sam Neill. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Shark! Celebrity Infested Waters** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.15 AM **Cheers** 2-4/25. (S3) (S)(R)
7.35 **Everybody Loves Raymond** 9-11/22. Triple bill. (S1) (S)(R)(AD)
8.55 **Frasier** 6-8/24. (S6) (S)(R)(AD)
10.25 **The Simpsons** (S)(R)(AD)
12.15 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
2.55 **George Clarke's Remarkable Renovations** George meets a couple who bought a huge and cavernous village hall. (S)(R)(AD)
3.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help buyers moving from the south to the north east. (S)(R)
5.00 **Kirstie and Phil's Love It or List It** Phil catches up with Carol and Andrew from Harrogate, who he first met in 2016 when they were at loggerheads over their beautiful three-bedroom home. (S)(R)(AD)

6.30 Titanic

6.00 **News** (S)
6.30 **FILM Titanic** Director James Cameron's multi-Oscar-winning drama starring Kate Winslet and Leonardo DiCaprio. A poor young artist and the rebellious daughter of a wealthy family meet and fall in love on board the doomed ocean liner as it makes its fateful maiden voyage. With Billy Zane and Kathy Bates. (S)(AD) (1997, 12, 225min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.15 **FILM Inglourious Basterds** Quentin Tarantino's darkly comic World War Two action thriller starring Brad Pitt, Mélanie Laurent and Christoph Waltz. A band of scalp-hunting Jewish-American soldiers go on the rampage behind enemy lines. With Diane Kruger and Michael Fassbender. (S)(AD) (2009, 18, 175min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **The Couple Next Door** 1-3/6. (S2) (S)(SL)(R)(AD)
3.55 **Find It, Fix It, Flog It** Items being restored include a filing cabinet and a classic bicycle. (S)(R)
4.05 **999: On the Front Line** (S)(R)
4.35 **to 6.10** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.25 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun** Four editions. (S)(R)(AD)
12.55 PM **Yorkshire Great and Small with Dan and Helen** The duo explore Malham Cove. (S)(R)
1.55 Discovering the dark past of Robin Hood's Bay. (S)(R)
2.55 **Coastal Adventures with Helen, Jules & JB** In North Yorkshire, Helen descends 4,500 feet into the UK's deepest mine. (S)(R)(AD)
3.55 **Reuben: Life in the Dales** Sarah and Reuben help their community in a crisis. (S)(R)
4.55 The friends set sail for France on Reuben Owen's first holiday abroad. (S)(R)

7.00 Lip-Reading the Royals

6.00 **News** (S)
6.05 **The Castle of Mey: The Queen Mother's Hideaway** A look at the secluded residence in Caithness, which she bought for just £100 in 1952. (S)(R)
7.00 **NEW Lip-Reading the Royals: The Secret Conversations** Experts analyse what members of the Royal Family could be saying when they think nobody is listening, including whispered exchanges caught on camera at state occasions. (S)
8.30 **NEW Charles vs Andrew: Can the Rift Ever Heal?** A look at the relationship between the King and his brother, who have ended up leading dramatically different lives with the monarch having cut off Andrew's money and trying to kick him out of his home. (S)
10.00 **1984: Those Were the Days** A look back at key events in TV, film, showbusiness and politics in a year when *Spitting Image* and *The Young Ones* revolutionised comedy. (S)(R)
12.05 AM **The 1970s Dinner Party** With Johnny Ball, Cheryl Baker, Vicki Michelle and Leee John. (R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **Iceland with Alexander Armstrong** Exploring the south of the country. (S)(R)
4.35 **The QE2: Queen of the Seas**
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **FILM Extinct** Animation. (S) (2021, U, 84min) ★★★
8.50 **Monkey Life** (S)(R)
9.15 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
2.00 PM **David Attenborough's Global Adventure** (S)(R)(AD)
3.00 **David Attenborough's Global Adventure: Home Planet** The Great Barrier Reef. (S)(R)(AD)
4.00 **David Attenborough's Global Adventure: The Rise of Nature** Exploring the rise of life on Earth. (S)(R)(AD)
5.00 **Discovered by Disaster** A submerged funerary complex in Greece. (S)(R)

9.00 Ocean's Eleven

6.00 **What on Earth?** Black holes appear near Egypt's pyramids, ruins in Peru suggest the Incas knew more than may be imagined, and a red swarm invades an indian beach. (R)
7.00 **The Simpsons** *Simpson Tide:* Homer is fired and decides to become a submarine captain. (S)(R) **7.30** *The Trouble with Trillions:* Homer goes undercover for the government. (S)(R)
8.00 **An Idiot Abroad** Karl Pilkington arrives in India, where he attends a spring festival in which people throw coloured dye at one another, and pays a visit to the Taj Mahal. (S)(R)
9.00 **FILM Ocean's Eleven** Comedy thriller starring George Clooney, Brad Pitt and Julia Roberts. Less than 24 hours after his release from prison, Danny Ocean has already begun recruiting a team of specialists to carry out his next ambitious heist – to steal over $150million from three Las Vegas casinos. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **FILM Blacklight** Action thriller starring Liam Neeson and Aidan Quinn. A government operative coming to terms with his past finds himself in the crosshairs of an FBI director he protected. (S)(AD) (2022, 15, 104min) ★
1.00 AM **The Office (US)** (S7) (S)(R)
3.00 **Road Wars** (R)
4.00 **Nothing to Declare** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
4.25pm Treasure Sisters: Our Lives (S)(R) **4.55-5.25pm** The Social Knitwork: Our Lives (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
6.30pm A Special School (S)(R) **7.00-8.00pm** Celebrity Antiques Road Trip (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Help Llaw **10.20** Yn y Fan a'r Lle (AD) **10.55** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **11.25** Arfordir Cymru: Sir Benfro (AD) **11.55** Y Ci Perffaith **12.30pm** Garddio a Mwy **1.00** Sgwrs Dan y Lloer **2.00 LIVE** Seiclo: Tour de France **4.35** Cwpwrdd Epic Chris **5.10** Y Sioe **6.15** Cyfres Triathlon Cymru **7.15** Newyddion a Chwaraeon **7.30** 3 Lle **8.00** Taith y Llewod **9.00** Seiclo: Tour de France **9.35** Sgorio: Taith Haf Wrecsam **11.25-11.50pm** Ar Led

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Julie arrives and demands to know what has happened to Nigel. **7.30** Phil and Julie continue to clash over her plan to take Nigel back to Scotland.
8.00 **Top Gear** James May tests the updated Fiat Panda. With guest Ryan Reynolds.
9.00 **Two Pints of Lager and a Packet of Crisps** 6/8. Janet discovers she has just 24 hours to save her home from repossession. **9.30** 7/8. Gaz and Janet's mutual attraction begins to resurface at his new home. **10.00** 8/8. Donna finds out about Gaz and Janet. (S7) **10.30** 1/8. Gaz and Janet's evening turns sour. (S8)
11.00 **Paddy & Molly: Show No Mersey** Paddy discovers a serious shoulder injury. **11.30** Molly trains for the last time before her fight.
12.00 M'T **Top Gear** As 8.00pm.
1.00 AM **Such Brave Girls**
2.00 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Agatha Christie: Lucy Worsley on the Mystery Queen** 1/3. The historian explores Agatha Christie's unconventional early life.
8.00 **Miss Marple: A Murder Is Announced** 1/3. Joan Hickson stars as Agatha Christie's sleuth in these episodes first aired in 1985. A small ad in a local newspaper outlines details of a forthcoming murder. **8.55** 2/3. DI Craddock learns Miss Blacklock is likely to inherit a fortune. **9.50** 3/3. Miss Marple disappears, leading DI Craddock to worry that she has become the latest victim of the murderer.
10.45 **The Gone** 5/6. The race to find Sinead is on. **11.35** 6/6. Diana and Richter finally face the murderer. (S1)
12.30 AM **The Good Life**
1.00 **Yes, Minister**
1.30 **Plague Fiction**
2.30 **to 3.30** AM **Agatha Christie: Lucy Worsley on the Mystery Queen**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.30 **George Clarke's Old House, New Home**
12.35 PM **Ugly House to Lovely House with George Clarke**
1.35 **George Clarke's Amazing Spaces**
2.40 **Location, Location, Location Revisited**
3.40 **Come Dine with Me** Dinner parties in Glasgow.
6.20 **Four in a Bed** The Old Rose & Crown in Lickey. **6.50** From Middlewick in Glastonbury, Somerset.
7.25 **Four in a Bed** The third visit is to The Griffin Inn, in Irnham, Lincolnshire. **7.55** The final visit is to Crossroads House in Carlisle. **8.25** The B&B owners meet for the last time.
9.00 **24 Hours in A&E** A patient with a rare condition is rushed in struggling to breathe, and her husband tells the story of their child's struggle with leukemia. **10.00** A 15-year-old is rushed in after going over the handlebars of his bike, and a 73-year-old woman is in extreme pain having dislocated her shoulder.
11.05 **999: On the Front Line** A young woman is found collapsed in the street.
12.10 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Goldbergs**
8.15 **Ramsay's Kitchen Nightmares USA**
10.10 **FILM Babe** Comedy drama starring James Cromwell and Magda Szubanski. (1995, U, 92min) ★★★★★
12.00 NOON **The Big Bang Theory** 5-10/23. (S2)
2.50 PM **FILM Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★
5.40 **The Simpsons** Triple bill.
7.00 **The Simpsons** *The Italian Bob:* The family encounter Sideshow Bob in Italy. **7.30** *Simpson Christmas Stories:* Three festive shorts with the animated family. **8.00** *Homer's Paternity Coot:* Homer discovers Grampa may not be his father. **8.30** *We're on the Road to D'ohwhere:* Marge is arrested.
9.00 **Celebrity Gogglebox** Famous faces reflect on shows including *Love Island* and *America's Got Talent*.
10.00 **Gogglebox** Appraisals of programmes including the *Prue Leith's Cotswold Kitchen* and *Virgin Island*. **11.05** The armchair critics share their opinions on what they have been watching during the week.
12.05 AM **First Dates** Double bill.
2.15 **Gogglebox** Double bill.
4.10 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Rapid Response** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** Four editions, including at: **10.30** Investigating the innovative ways criminals are being caught in the act. **11.15** A covert operation to catch laptop thieves in the act.
12.00 NOON **Stop, Search, Seize**
1.00 PM **Border Security USA**
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Blue Bloods

7 PM

7.00 **Nothing to Declare** A South African with a false passport is stopped. **7.30** Officers arrest a man carrying heroin internally.

8 PM

8.00 **Nothing to Declare** Immigration officials worry about a Korean girl. **8.30** Officers become suspicious about a car.

9 PM

9.00 **Blue Bloods** *Heroes:* 7/21. Frank plans to punish a cop for his inaction in an armed robbery and Erin and Anthony clash. (S13)

10 PM

10.00 **Elsbeth** *Finance Bros:* 10/20. A Wall Street titan is killed after giving up his fortune. Guest stars Alan Ruck. (S2)
11.00 **FBI: Most Wanted** 14/22. (S4)
12.00 M'T **FBI: Most Wanted** (S4)
1.00 AM **FBI** 9/22. The team is led back to a cold case. (S5)
2.00 **Bull** 15/16. (S5)
3.00 **The Cleaning Lady** 4/12. (S3)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
9.00 **Westworld** Six episodes of the drama, including at: **1.55** PM 7/8. Charlotte's plans start coming together. **3.05** 8/8. Christina finds the centre of the maze. (S4)
4.20 **Game of Thrones** 1/7. Jon organises the North's defences and Cersei attempts to even the odds. **5.30** 2/7. Daenerys receives an unexpected visitor. **6.40** 3/7. Sam is confronted for his actions. (S7)

4.20 Game of Thrones

7.55 **Game of Thrones** *The Spoils of War:* 4/7. Daenerys launches an attack on the Lannister army and Jaime and Bronn collect the spoils from the war. (S7)

9.00 **The White Lotus** *Ciao:* 1/7. Tanya turns up with her new assistant, and a family deals with a conspicuous absence. (S2)

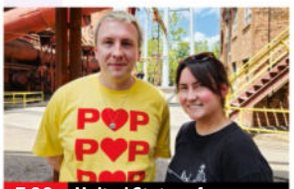
10.10 **The Gilded Age** *Marriage Is a Gamble:* 4/8. Bertha must deal with rumours in the press, the sudden arrival of her sister. (S3)
11.20 **Homicide: Life on the Street** 7/22. Part two of two. Lewis is rushed to hospital. **12.15** AM 8/22. A baby's body is found buried behind a hotel. **1.15** 9-11/22. (S7)
4.10 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **SEAL Team** (S1)
9.00 **Grimm** 13-16/22. (S5)
1.00 PM **The Walking Dead** Five episodes, including at: **3.00** 11/16. An Alexandrian resident is stranded within the Saviors' compound. **4.00** 12/16. Rick's survivor group are forced to scavenge for supplies. **5.00** 13/16. A routine supply drop-off goes awry for the residents of the Kingdom. (S7)
6.00 **An Idiot Abroad** Karl Pilkington explores India.


7.00 United States of...

7.00 **Joe Lycett's United States of Birmingham** Joe's mission takes him to his final Birmingham, located in Alabama.

8.00 **Mr Bigstuff** 1/6. Comedy starring Danny Dyer. **8.30** 2/6. Kirsty pushes Glen to organise a meal to impress his boss Ian.

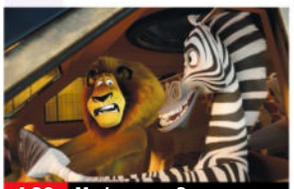
9.00 **Mr Bigstuff** 3/6. Glen steps up as manager of World of Carpets. **9.30** 4/6. Glen has his promotion ruined by Ian.

10.00 **Mr Bigstuff** 5/6. Lee's past catches up with him. **10.30** 6/6. Glen and Kirsty realise their wedding fund is empty. (S1)
11.00 **Creature Commandos** (S1)
11.30 **Strike Back: Vendetta** (S8)
12.30 AM **Warrior** 6/10. (S1)
1.30 **Road Wars** Vehicle crime.
2.00 NEW SERIES **S.W.A.T.** 1/22. The team tackle a mission with personal ties for Hondo. (S8)
3.00 **A League of Their Own**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Buying the View**
8.15 **Next Level Chef USA**
10.10 **Deal or No Deal**
1.20 PM **Celebrity Catchphrase**
2.25 FILM **Spy Kids 2: Island of Lost Dreams** Family comedy adventure sequel. (2002, U, 100min) ★★★★
4.30 FILM **Madagascar 3: Europe's Most Wanted** Animated comedy adventure sequel featuring the voices of Ben Stiller and Chris Rock. (2012, PG, 93min) ★★★★


4.30 Madagascar 3

6.15 FILM **War for the Planet of the Apes** Sci-fi fantasy adventure sequel starring Andy Serkis. A devastating conflict erupts between humans and intelligent primates in a post-apocalyptic future. (2017, 12, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: Unseen Bits** New edition Featuring exclusive action from the Villa alongside the fun, flirting and fallouts.

10.05 **Olivia Attwood: The Price of Perfection** 6/6. People that have spent over 100,000 pounds on cosmetic procedures.
11.05 **Family Guy** 20/21. Cleveland returns to the town. **11.35** 15/21. Animation. (S12)
12.05 AM **American Dad!** (S11)
1.05 **Extraordinary** 6/8. (S2)
1.40 **Iain Stirling's CelebAbility**
2.25 **Ruby Speaking** 6/6. (S1)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Lewis** *The Gift of Promise.*
8.45 FILM **Carry On at Your Convenience** Farcical comedy starring Sid James and Joan Sims. (1971, PG, 90min) ★★★
10.45 **Doc Martin** 1&2/8. (S7)
12.50 PM **Foyle's War** *The German Woman:* First-ever episode.
3.00 **Midsomer Murders** *Garden of Death:* Barnaby investigates a murder in a memorial garden. **5.00** *Picture of Innocence:* Barnaby is implicated in the murder of a photographer.

11.00 Shetland

7.00 **Midsomer Murders** *Destroying Angel:* Barnaby launches a murder investigation after the beneficiaries named in a hotelier's will start to suffer fatal accidents. Guest stars Rosemary Leach and Samantha Bond.

9.00 **Vera** *Silent Voices:* The detective investigates the murder of a popular social worker and an infamous past case involving the death of a child appears to hold the key to solving the mystery.

11.00 **Shetland** 5/6. Part one of two. A scientist is killed at the Fair Isle bird observatory. **12.00** M'T 6/6. (S2)
1.15 AM **Joanna Lumley's Home Sweet Home – Travels in My Own Land**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Forest** The Galloway Hills Rally draws crowds of visitors to the park.
7.45 **Rewind 1980s** Music, news and TV of 1989.
8.00 **Style Fixers** Alannah and Jamie transform Zoe and Lauren's looks. **8.30** Alannah Carson helps Jasmyn realise her boho-chic festival fantasy.
9.00 **Gary: Tank Commander** 3/6. General Randy Badger arrives from America on duty. (S1)
9.30 **Two Doors Down** 4/6. Michelle invites Beth, Cathy and Christine over for a girls' night. (S5)
10.00 FILM **What We Did on Our Holiday** Comedy drama starring Rosamund Pike and David Tennant. (2014, 12, 93min) ★★★
11.30 PM **to 12.00** M'T **Up for**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners**
10.15 **Entourage** 7&8/8. (S8)
11.25 **Dice** 1-3/6. (S1)
1.05 PM **Flight of the Conchords** 1-5/12. (S1)
3.55 **Silicon Valley** (S3)
6.50 **The Office (US)** 20/26. Guest stars Will Ferrell. **7.15** 21/26. Michael prepares to host his last-ever Dundie awards. **7.45** 22/26. Michael prepares to leave. **8.30** 23/26. Deangelo causes chaos. (S7)
9.00 **Jerrod Carmichael: Don't Be Gay**
10.05 **Sarah Silverman: We Are Miracles** Stand-up.
11.10 **Girls** 7/10. Shoshanna helps Ray with his election campaign. **11.40** 8/10. Desi and Marnie clash. (S4)
12.15 AM **Somebody Somewhere** (S2)
12.50 **Hung** 1&2/10. (S1)
2.15 **Veep** 3&4/10. (S2)
3.25 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Titanic: The Musical**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Tate Britain**
2.00 **Simon & Garfunkel: Old Friends – Live on Stage**
4.30 **The Moody Blues Live at the Isle of Wight**
6.00 **The Cavern Club: The Beat Goes On**
7.30 FILM **The Beatles: Eight Days a Week – The Touring Years** Documentary. (2016, 12, 113min) ★★★★
9.30 **Paul Simon: In Restless Dreams** Documentary.
11.30 **Down the Tracks: The Music That Influenced Bob Dylan**
1.35 AM **Nina Simone: The Lost Album**
3.05 **The Great Songwriters**
4.05 **Johnson & Knopfler's Music Legends**
5.00 **Discovering: Janis Joplin**
5.30 **to 6.00** AM **Discovering: Carpenters**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Silly Animals**
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Nothing to Declare**
11.00 **Reef Wrecks**
12.00 NOON **Africa's Wild Horizons** Documentary.
1.00 PM **Coastal Africa**
2.00 **Strange Creatures**
3.00 **Gladiators**
5.00 **The Hungry Games: Alaska Big Bear Challenge** Documentary.
6.00 **Monkeys: An Amazing Animal Family**
7.00 **Big Beasts: Last of the Giants** Exploring the challenges facing nature's giants in Africa.
8.00 **Caught on Dashcam**
10.00 **The Force: Manchester**
12.00 M'T **World's Most Evil Killers** Double bill.
2.00 AM **Sex and the City**
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Two Newcastle friends, a father and son duo from Nottingham and two sisters from Birmingham take part. **7.00** Soon-to-be-parents, a mother and son and a Glaswegian couple take part.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, as a contestant takes on the Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show, in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Highway to Heaven**
11.00 **Little House on the Prairie** Ten episodes of the series, including at: **6.00** PM *If I Should Wake Before I Die:* 6/25. Amy decides to fake her own death to trick her estranged family. **7.00** *Town Party, Country Party:* 7/25. Laura befriends a girl with a deformed leg. **8.00** *Ma's Holiday:* 8/25. Charles and Caroline take a second honeymoon. (S1)
9.00 FILM **Star Trek II: The Wrath of Khan** Sci-fi adventure starring William Shatner. (1982, 12, 113min) ★★★★
11.25 **The Avengers** (S6)
2.25 AM **Airline USA**
3.00 **Hart to Hart** 18/24. (S3)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **The Professionals**
9.00 **Racing: The Opening Show** The team are at Newbury.
10.00 **Tour de France Highlights**
11.00 **LIVE Tour de France** Coverage of the 14th stage of the prestigious race, which consists of a 182.6km route from Pau to the ski resort of Superbagneres.
5.00 PM **Junk and Disorderly** A vintage Chopper is found. **6.00** The gand discover a pair of 1940s motorbikes.

9.50 Beverly Hills Cop

7.00 **Tour de France Highlights** Action from stage 14, a 182.6km route from Pau to the ski resort Luchon-Superbagnères.

8.00 **FILM Police Academy 7: Mission to Moscow** Comedy sequel starring George Gaynes, Michael Winslow and David Graf. The inept cops help the Russians in a war. (1994, PG, 83min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **FILM Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold, Lisa Eilbacher and Ronny Cox. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

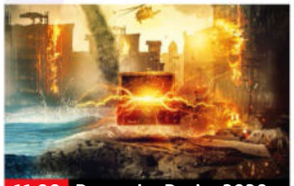
11.55 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.50 AM **Dark Side of the Ring**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Doomsday Device 2020** Thriller starring Corin Nemec and Mike Hatton. (2017, PG, 120min) ★★
1.00 PM **Star Trek: Enterprise** Five episodes, including at: **4.00** 22/24. Archer negotiates with the Xindi Council. **5.00** 23/24. Archer makes a pact with Xindi factions. (S3)
6.00 **Star Trek: Voyager** 17/26. Paris and Kim are kidnapped by holodeck characters. (S6)



11.00 Doomsday Device 2020

7.00 **Star Trek: Voyager** *Ashes to Ashes:* 18/26. The crew is mystified by the reappearance of a supposedly dead officer.

8.00 **Star Trek: Voyager** *Child's Play:* 19/26. Seven of Nine rescues a former Borg boy sent on a suicide mission by his parents.

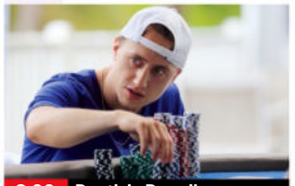
9.00 **Star Trek: Voyager** *Good Shepherd:* 20/26. Janeway takes three mismatched junior crew members on an exploratory mission.

10.00 **Star Trek: Voyager** *Fast and Prosper:* 21/26. The crew members are impersonated by a gang of con artists. (S6)
11.00 **The Walking Dead** 1/22. The group in Oceanside continue to train in the event that the Whisperers return. **12.00** M'T 2/22. The origins of Alpha and Beta are revealed. **1.00** AM 3/22. Carol battles with the need for revenge. **2.00** 4-6/22. (S10)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Elementary** 1-3/24. (S5)
1.00 PM **Inspector George Gently**
3.00 **Father Brown** Four episodes of the drama, including at: **4.00** *The Tree of Truth:* A body is identified as a woman who went missing from a rehearsal seven years previously. **5.00** *The Jackdaw's Revenge:* The amateur sleuth struggles to protect those closest to him. **6.00** *The Kembleford Dragon:* The sleuth investigates when the stationmaster is murdered.



8.00 Death in Paradise

7.00 **Hudson & Rex** *Hot Prowl in the City:* 8/8. A man is stabbed by an intruder who left no trace of a break-in. (S7)

8.00 **Death in Paradise** *The Stakes Are High:* 2/8. The team enter the high-stakes world of poker when a player is poisoned.

9.00 **Death in Paradise** *Written in Murder:* 3/8. DI Mooney is stumped when an author is stabbed through the heart. (S7)

10.00 **My Life Is Murder** *En Pointe:* 5/8. A student is shot dead with a bow and arrow at a prestigious ballet academy. (S4)
11.00 **The Company You Keep** 2/10. After Daphne sets a quick turnaround for payment, the Nicolettis steal a valuable necklace. (S1)
12.00 M'T **Father Brown**
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Porridge Christmas Special** From 1975.
8.05 **Neil & Martin's Bon Voyage**
9.05 **Only Fools and Horses**
2.05 PM **Only Fools and Horses** Christmas special from 1982. Del-Boy finds a lady friend. **2.40** Christmas special from 1989. The Trotters go on a lads' day out to Margate. **4.40** Christmas special from 1990. Rodney leaves home after a fight with Cassandra. **6.20** Del buys a book to help him make positive decisions.

9.30 Men Behaving Badly

7.45 **Only Fools and Horses** Del-Boy finds a new lady friend – only to discover that she also has a son.

8.20 **Neil & Martin's Bon Voyage** Neil Morrissey takes Martin Clunes on a road trip through France to his home in the south of France.
9.30 **Men Behaving Badly** Tony regrets joining Deborah's keep-fit class. **10.10** The housemates have a sleepless night as Tony tries to mend a fence. **10.50** Deborah makes a shocking announcement.
11.25 **Men Behaving Badly** Gary and Dorothy take a trip. **12.05** AM Tony attempts to make Deborah jealous.
12.45 **Men Behaving Badly** Triple bill of episodes.
2.45 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Travel Man: 48 Hours in Hamburg** With Bob Mortimer.
7.35 **Travel Man: 48 Hours in Dubrovnik** Stephen Merchant.
8.00 **Celebrity Storage Hunters**
9.00 **Storage Hunters UK**
9.25 **Top Gear** Double bill.
11.30 **Red Bull Soapbox Race 2022**
1.25 PM **Guy Martin's Spitfire**
3.00 **Robson Green's Weekend Escapes** Double bill.
4.00 **Extreme Fishing with Robson Green** Double bill.
6.00 **Border Force: America's Gatekeepers**

7.05 Red Dwarf

7.05 **Red Dwarf** Part two of two. Pete the Sparrow becomes a dinosaur. **7.40** Kryten takes his revenge, and a genetically engineered life-form begins to devour the ship. **8.20** Lister's quest for a vindaloo takes him to Dallas in 1963.

9.00 **The Office** David Brent is now a sales rep and Z-list celebrity, and Tim is nervous at the prospect of meeting up with Dawn.

10.00 **Extras** Andy receives his first Bafta nomination. **10.35** Andy's agent Darren decides to ask Maggie out on a date.
11.15 **Not Going Out**
1.05 AM **Have I Got a Bit More News for You**
2.05 **Live at the Apollo** Host Tez Ilyas introduces Spring Day and Ignacio Lopez.
3.05 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Chateau DIY**
2.00 PM **A Place in the Sun** A holiday home on the Greek island of Zante. **3.00** From Kefalonia. **4.00** The search for a holiday home in Cyprus. **5.00** A holiday home in Famagusta, Cyprus. **6.00** The search for a holiday home in Crete.
7.00 **FILM Fisherman's Friends** Comedy starring James Purefoy. (2019, 12, 112min) ★★★
9.05 **George Clarke's Remarkable Renovations** A couple who bought a huge and cavernous village hall.
10.10 **24 Hours in Police Custody: Lost Boys**
11.15 **Crime Scene Cleaners**
12.15 AM **Celebrity Gogglebox**
1.20 **Gogglebox**
2.20 **999: On the Front Line**
3.20 **24 Hours in A&E**
4.15 **to 4.45** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Blue Bloods** (S5)
1.00 PM **NCIS** 9-13/24. (S15)
6.00 **NCIS** *Keep Your Friends Close:* 14/24. Gibbs and his team are forced to work with Tobias Fornell. **7.00** *Keep Your Enemies Closer:* 15/24. The team make a deal with a convicted murderer. **8.00** *Handle with Care:* 16/24. The team work to clear the name of a retired Marine. (S15)
9.00 **Criminal Minds** *True North:* 19/22. Three victims are found in the Arizona desert. **10.00** *Unforgettable:* 20/22. Several government employees succumb to symptoms of a heart attack. (S12)
11.00 **Law & Order: Special Victims Unit** (S15)
12.55 AM **The Resident** (S1)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Entertainment News**
8.10 **Motorway Patrol**
8.40 **Rogue Claimers**
1.35 PM **FILM What Women Want** Romantic comedy with Mel Gibson. (2000, 12, 127min) ★★★
4.15 **Nightmare Tenants, Slum Landlords**
7.10 **FILM Along Came Polly** Romantic comedy starring Ben Stiller and Jennifer Aniston. (2003, 12, 90min) ★★★
9.00 **FILM Fifty Shades Freed** Romantic thriller sequel starring Dakota Johnson and Jamie Dornan. (2018, 18, 105min) ★
11.05 **Adults Only: Hurts So Good** A look inside the world of BDSM.
12.05 AM **Adults Only: Porn Star Parents**
1.05 **Quantico** 5&6/13. (S3)
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Motorway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Highway Patrol**
9.40 **Police Interceptors**
10.45 **FILM Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
12.55 PM **FILM One-Eyed Jacks** Western starring Marlon Brando. (1961, PG, 141 min) ★★★
4.00 **Motorway Cops: Catching Britain's Speeders** Five editions of the series, including at: **7.00** Officers head to the scene of a collision. **8.00** PC Waddington tries to catch a vehicle with cloned plates.
9.00 **FILM End of Days** Action thriller starring Arnold Schwarzenegger. (1999, 18, 121 min) ★★
11.25 **Police Interceptors**
1.25 AM **Deadliest Weather: Caught on Camera**
3.30 **Highway Patrol**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **First Responders** Six editions, including at: **6.00** A head-on crash leaves two men in a critical condition. **7.00** A motorcyclist suffers a horrible injury. **8.00** A farmer is trapped under his rolled quad.
9.00 **Ghosts** A company film a drama in the house. **9.35** Mike and Alison learn their neighbours have an ancient claim over their land. **10.14** A luxury hotel chain makes Mike and Alison a tempting offer.
10.55 **One Born: Twins and Triplets** Documentary.
11.55 **One Born: What Happened Next?**
12.55 AM **Aaron Hernandez Uncovered**
1.40 **to 3.00** AM **My Kitchen Rules: Australia**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Birds of a Feather**
7.55 **Bergerac**
11.20 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **Father Brown**
5.00 **2point4 Children**
7.00 **The Brokenwood Mysteries** *Catch of the Day:* 3/4. A severed human hand is found in a crayfish pot. (S2)
9.00 **Hotel Portofino** *Discoveries:* 5/6. Cecil confronts Bella. (S1)
10.10 **Outrageous** *Oysters and Champagne:* 5/6. Nancy finds herself persona non grata as the family gather around Diana's bedside.
11.10 **Judge John Deed** *In Defence of Others:* Jo meets the father of the boy she hopes to adopt.
1.10 AM **The Heart Guy**
2.10 **Birds of a Feather**
2.45 **to 4.00** AM **Darby and Joan**

+1 hr 243 316 60 260

SATURDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector** Alex Polizzi tries to improve the fortunes of Devon's Churston Court. **7.00** Help for a couple who own a boutique hotel in Merseyside.
8.00 **Yorkshire Air 999** A factory worker has sliced into his arm with an angle grinder.
9.00 **The Repair Shop** Items including a vintage globe are restored. **10.00** Fixing a telescope. **11.00** The team take on an art deco clock.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes**
12.00 NOON **Dickinson's Real Deal** The experts value items in Cheltenham.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Susie Dent, Anthony Crolla, Ellie Taylor and Harry Redknapp try to win a cash prize for charity.
10.00 **The Chase** Quiz hosted by Bradley Walsh.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **Bonanza** (S1)
9.20 **FILM The Westerner** Western. (1940, b/w, U, 100min) ★★★★
11.35 **FILM The Lone Gun** Western. (1954, U, 78min) ★★
1.25 PM **FILM The Alamo** Epic Western. (1960, PG, 161min) ★★★
5.00 **FILM Red River** Western. (1948, b/w, U, 133min) ★★★★★
6.55 **FILM Valdez is Coming** Western adventure starring Burt Lancaster. (1970, 15, 86min) ★★★
9.00 **FILM Hang 'Em High** Western starring Clint Eastwood. (1967, 18, 114min) ★★★★
11.25 **FILM Abilene Town** Western. (1946, b/w, 15, 91min) ★★
1.30 AM **FILM Firequake** Thriller. (2014, 12) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

6.00 AM **Highlights**
9.00 **Heathrow: Britain's Busiest Airport**
11.00 **FILM An Aurora Teagarden Mystery: Dead Over Heels** Drama. (2016, PG) ★★
12.55 PM **FILM Aurora Teagarden: A Bundle of Trouble** (2017, U) ★★
2.50 **FILM Mary Higgins Clark: Try to Remember** Drama. (2004, PG) ★★
4.55 **FILM Mary Higgins Clark: Weep No More, My Lady** (1992, PG) ★★
7.00 **FILM The Gourmet Detective: Death Al Dente** (2015, PG) ★★
9.00 **FILM Garage Sale Mysteries: Murder by Text** (2017, PG) ★★
10.55 **FILM Aurora Teagarden: The Julius House** Thriller. (2016, PG) ★★
1.00 AM **FILM Below the Surface** (2016, PG) ★★
3.00 **to 6.00** AM **Highlights**

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Seasoned with Love** Comedy. (2021, PG, 95min) ★★
10.05 **FILM The Secret Sauce** Comedy. (2021, PG) ★★
12.00 NOON **FILM The Baker's Son** Fantasy. (2021, PG, 84min) ★★
1.55 PM **FILM Love, Romance and Chocolate** Drama. (2019, U) ★★
4.00 **FILM Baked with a Kiss** Romantic comedy. (2022, PG, 95min) ★★
6.05 **FILM The Perfect Catch** Romantic drama. (2017, PG, 90min) ★★
8.00 **FILM Made for You, with Love** Romance. (2019, U, 85min) ★★
9.55 **FILM Caribbean Summer** Comedy. (2022, PG, 84min) ★★
11.50 **FILM Sweet Pecan Summer** (2021, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love, Romance and Chocolate**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.00 **The Monkees**
8.00 **Fantasy Island** (S1)
9.00 **A Sharp Intake of Breath** (S3&4)
10.30 **Please Sir!** (S4)
11.30 **Carry On Laughing**
1.00 PM **The Last Days of Pompeii** 1/3. (S1)
3.45 **Auto Rewind**
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **Fantasy Island** (S1)
7.00 **Jokers Wild** Triple bill.
8.30 **In Loving Memory** (S1)
10.00 **Game On** 1/6. Mandy's ex-boyfriend shows up. **10.35** 2/6. Mandy's celibacy is tested. **11.10** 3/6. Mandy continues to pretend she is a virgin. (S2)
11.45 **Police Woman** (S1)
12.45 AM **Blue Thunder** 1 (S1)
1.45 **The Last Days of Pompeii** 1/3. (S1)
4.30 **That's My Dog**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Hoarding: Buried Alive** A man tries to tackle a hoard that has taken over his mobile home. **8.00** A hoarder tackles her habit in order to save her relationship with her daughter.
9.00 **Body Parts** A boy who lost both of his ears in a traumatic dog attack.
10.00 **Crack Addicts** A woman whose obsession with corsets is causing her to suffer from migraines.
11.00 **Burning Inside Out: Body Bizarre** A woman with a rare and painful condition where her arm burns on the inside.
12.00 M'T **Body Bizarre**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa – Back to Basics**
12.00 NOON **Mary Berry's Quick Cooking**
1.00 PM **James Martin's United Cakes of America** Triple bill.
2.30 **James Martin: Delicious**
3.00 **Tom Kerridge's Best Ever Dishes** Double bill.
4.00 **Tom Kerridge Secrets of the Pub Kitchen**
8.00 **Maneet's Eats** Maneet Chauhan is cooking up her signature shortcut recipe for a classic chicken tikka masala.
8.30 **Nadiya Bakes** Nadiya Hussain makes blueberry scone pizza and a spicy Asian take on toad-in-the-hole.
9.00 **Diners, Drive-Ins and Dives** Six editions.
12.00 M'T **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
9.00 **Knight Rider** (S3)
2.00 PM **FILM The Shape of Things to Come** Adaptation of the HG Wells sci-fi novel. (1979, 15, 94min) ★
4.00 **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
5.55 **FILM Dr Terror's House of Horrors** Horror compendium. (1964, PG, 98min) ★★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Primal** Thriller starring Nicolas Cage. (2019, 15, 97min) ★★★
10.55 **FILM Jiu Jitsu** Thriller starring Nicolas Cage. (2020, 15, 102min) ★★
12.55 AM **FILM Villain** Drama starring Craig Fairbrass. (2019, 18, 97min) ★★★
2.50 **to 4.50** AM **FILM War on the Range** Western. (2015, 15, 100min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
8.00 **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
10.00 **FILM Meteor Moon** Sci-fi adventure starring Dominique Swain. (2020, PG, 80min) ★★
12.00 NOON **FILM Bigfoot** Tongue-in-cheek monster movie. (2012, 12, 89min) ★★
2.00 PM **FILM The Day of the Triffids** Sci-fi chiller starring Howard Keel. (1962, 12, 95min) ★★
4.00 **The Lost World** (S2&3)
9.00 **FILM 47 Ronin** Fantasy starring Keanu Reeves and Hiroyuki Sanada. (2011, 12, 119min) ★★
11.15 **FILM Nomads** Horror. (1986, 15, 89min) ★★
1.10 **to 3.00** AM **FILM Standoff** Action thriller. (2015, 15, 92min) ★★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Storage Hunters**
8.00 **Pawn Stars**
10.00 **Swamp People: Serpent Invasion**
11.00 **Storm Stories**
12.00 NOON **The Proof Is Out There** Double bill.
1.50 PM **Ancient Superstructures**
4.00 **Ancient Aliens**
8.00 **Close Encounters Down Under** Paranormal events reported in the Southern Hemisphere.
9.00 **Cutty Sark: Out of the Ashes** Commemorating the 140th anniversary of the famous ship.
10.00 **Swamp Ghost: WWII Plane Rescue** A bid to recover a crashed World War Two B-17 Bomber.
11.00 **Weird or What? With William Shatner**
1.00 AM **Conspiracy Files: Unsealed** Double bill.
2.00 **Claw Hunters**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **The World's Most Expensive Hotels**
11.00 **Inside the World's Most Expensive Hotels**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **The Great Barrier Reef: Drain the Oceans**
6.00 **Battle for the Black Swan: Drain the Oceans**
7.00 **World War II: Secrets from Above**
8.00 **Expedition: Search for the Nile** Henry Stanley's search for Dr Livingstone.
9.00 **Ben Fogle and the Buried City** Montserrat.
10.30 **Ash Cloud: The Week the World Stopped**
12.00 M'T **Into Death Valley with Nick Knowles**
1.00 AM **Escaping Death Valley with Nick Knowles** In Rhyolite.
2.00 **Amazing Railway Adventures with Nick Knowles** From Alaska.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **For the Love of Kitchens** Four editions.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Five editions.
8.00 **Love Your Garden** Double bill of the series in which Alan Titchmarsh and his team travel around Britain carrying out surprise garden transformations and give out an assortment of hints.
10.00 **Escape to the Country** Triple bill of the series in which people set out to find their ideal rural retreats with the help of a property expert.
1.00 AM **Castle Impossible** Daphne and Ian look to reinstate one of the original chateau bedrooms in the castle.
2.00 **to 4.00** AM **Home Town Takeover**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double-bill.
7.00 **Too Large** Meghan works hard to keep Vanessa's diet on track, but Vanessa is struggling to lose any weight.
8.00 **Dr Pimple Popper** Four editions, including at: **11.00** Juliet is under distress because of the bumps all over her neck and chest.
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 6.25pm.
9.00 **Friends** (S10&1)
5.50 PM **Friends** 4/24. The girls spy on a good-looking neighbour. (S1)
6.25 **Michael McIntyre's Big Show** With Lewis Capaldi.
7.25 **FILM Ace Ventura Pet Detective** Hit comedy starring Jim Carrey and Courteney Cox. (1993, 12, 86min) ★★★★
9.00 **FILM Men in Black II** Sci-fi comedy sequel with Tommy Lee Jones and Will Smith. (2002, PG, 88min) ★★★
10.45 **Whose Line Is It Anyway? USA**
11.45 **8 Out of 10 Cats**
12.45 AM **Police Squad!**
1.45 **Beavis and Butt-Head**
2.00 **Whose Line Is It Anyway? USA**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S1)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S2&1)
6.30 PM **Everybody Loves Raymond** 22/22. Debra and Ray reminisce. (S1)
7.00 **Friends** 17&18/18. Rachel gets ready to leave New York to start her job in Paris. (S10) **8.00** 1/24. Rachel arrives at the local cafe after jilting her fiancé. **8.30** 2/24. Carol tells Ross that she plans to raise his child with her lover Susan. (S1)
9.00 **Friends** 3-12/24. (S1)
2.00 **Impractical Jokers**
2.55 **The Roast of James Franco** Comedy tribute.
4.05 **Kiri Pritchard-McLean: Comedy Central Live**
4.30 **Jessica Fostekew: Silence of the Nans**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Celebrity Four Weddings** Reality series.
8.00 **Border Patrol**
11.00 **Nothing to Declare**
2.00 PM **The Ark** 3-8/12. (S1)
8.00 **Highway Patrol** Double bill of the series following Australia's traffic enforcers.
9.00 **Stella** 6/10. Moving on from Michael proves harder than anticipated for the student nurse. **10.00** 7/10. Stella's sister-in-law Paula makes a surprise return. **11.00** 8/10. Aunty Brenda is optimistic as election day arrives – until a rival joins the race. **12.00** M'T 9/10. The locals gather for Big Alan and Celia's stag and hen parties. **1.00** AM 10/10. Stella receives the results of her nursing exams. (S4)
2.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

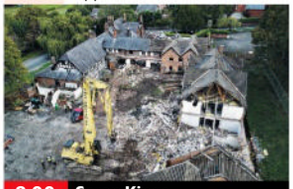
6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** Stephanie has been talking to Danny for ten years but has never video chatted.
9.00 **Oasis: MTV Unplugged** The band play stripped back versions of their biggest hits at London's Royal Festival Hall.
10.00 **FILM The Girl in the Spider's Web** Action thriller starring Claire Foy, Sylvia Hoeks and Sverrir Gudnason. (2018, 15, 115min) ★★★
12.20 AM **Ink Master Redemption** Double bill.
1.25 **Skin A&E** Documentary.
2.25 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Filthy Fortunes**
8.00 **Scrap Kings** Four editions.
12.00 NOON **Naked and Afraid: Last One Standing** A legend suffers a serious burn and faces immediate elimination. **2.00** PM Sabotage and a midnight medical emergency upend the competition. **4.00** Camps race to build spring snare traps, and a competitor goes home.
6.00 **Gold Rush: White Water** After an airboat disaster, Dustin's crew fight dwindling supplies and harsh conditions.


8.00 Scrap Kings

7.00 **Gold Rush: Mine Rescue with Freddy & Juan** A dry claim sitting in the epicentre of a famous BC gold rush tests Freddy and Juan's limits with an overcomplicated wash plant that has been dubbed 'The Octopus.'

9.00 **Naked and Afraid: Last One Standing** A dark horse wins a key asset, while big kill could shift the power balance, and a top contender's exit rocks the competition.

11.00 **Expedition Files** The identity of hijacker D.B. Cooper may finally be revealed.
12.00 M'T **Deadliest Catch** Josh and Casey risk a 500-mile trek north to the Russian line.
1.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A pet cat determined to kill another one. **4.00** The case of a Bengal that is spraying every piece of furniture in the house.
5.00 **Animal Cribs** Renovating a family's dog-friendly garden.
6.00 **Saved by the Barn** Ginger the lamb battles a life-threatening infection.

8.00 Extinct or Alive

7.00 **How Do Animals Do That?** How swarms of blind bats avoid collision. **7.30** A look into why dogs tilt their heads.

8.00 **Extinct or Alive** Forrest Galante travels to rural Columbia in search of a unique crocodile species, the Rio Apaporis caiman.

9.00 **The Zoo** A markhor goat gives birth to a baby, and confiscated lizards destined for the pet trade require medical attention.

10.00 **Tanked** Pete Rose wants Riverfront Stadium transformed into an aquarium, while Wayde and Heather build a tank.

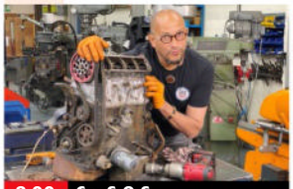
11.00 **Alaska: The Last Frontier** Jane learns to skin a rabbit.
12.00 M'T **The Aquarium** A sea otter is rushed to the health centre. **1.00** AM Two sea lions get ready for eye surgery.
2.00 **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **World War II: Secrets from Above** Double bill.
3.00 **Lost Ships of WW2** A look at the most famous sunken vessels of the World War Two.
4.00 **Drain the Oceans** Historical artefacts found in the sea.
5.00 **World War II: The Apocalypse** Documentary series telling the story of the World War Two **6.00** A look at the truth behind France's defeat.


8.00 Car S.O.S.

7.00 **Seconds from Disaster** The story behind the sinking of the HMS *Coventry* during the Falklands War in 1982.

8.00 **Car S.O.S.** Fuzz and Tim visit County Durham to secretly fix up an Austin Healey for a man who has Parkinson's disease.

9.00 **Car S.O.S** Tim and Fuzz restore a 1930 Ford Model A for a man who suffered brain damage in a motorcycle accident.

10.00 **Car S.O.S** Tim Shaw and Fuzz Townshend help a man with Alzheimer's to restore his treasured 1954 Citroen Traction Avant.

11.00 **Ice Road Rescue** A salmon truck crashes into a ditch.
12.00 M'T **Air Crash Investigation**
2.00 AM **To Catch a Smuggler**
2.55 **The Inner Portrait**
3.20 **Food Factory**
3.45 **Money Meltdown**
4.10 **Made in a Day**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **Death Coast** Documentary.
10.00 **Curse of Skinwalker Ranch**
2.00 PM **Pawn Stars** Six editions of the series, including at: **4.30** A guitar signed by the Beatles is brought in.
5.00 **Discovered by Disaster** A submerged funerary complex in Greece.
6.00 **What on Earth?** Ruins that suggest the Incas knew more than may be imagined.

9.00 Airport Security: USA

7.00 **World's Greatest Treasure Mysteries** Matty and Tony re-join the search and excavation of Whydah.

8.00 **World's Greatest Treasure Mysteries** Matty, Rick and Marty take a look back on their richest adventures.

9.00 **Airport Security: USA** The challenges faced by law enforcement and customs officers at four busy airports in the US.

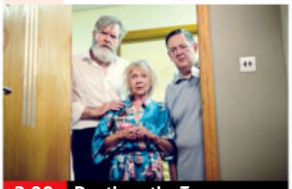
10.00 **Airport Security: USA** San Francisco officers learn that a passenger is trying to smuggle cannabis to Britain.

11.00 **History's Greatest Mysteries** A look at the Rendlesham Forest incident of 1980.
12.00 M'T **Forged in Fire**
2.00 AM **Curse of Skinwalker Ranch** The team perform a three-dimensional scan of Skinwalker Ranch.
3.00 **What on Earth?** As 6.00pm.
4.00 **to 6.00** AM **World's Greatest Treasure Mysteries**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
7.15 **American Pickers: Best Of**
8.00 **American Pickers**
9.00 **American Pickers: Best Of**
10.00 **Canal Boat Diaries**
11.00 **'Allo 'Allo!** Triple bill.
1.00 PM **Terry and June**
3.00 **Death on the Tyne** Comedy mystery starring Johnny Vegas and Sian Gibson.
5.00 **Bangers & Cash: Restoring Classics** The team restore a 1963 Lotus Elan Series 1.
6.00 **Bangers & Cash** Dave collects a Triumph Toledo.


3.00 Death on the Tyne

7.00 **Bangers & Cash** Derek collects a Ford Thames 400E that once belonged to the pop band Edison Lighthouse.

8.00 **Bangers & Cash** Head-turning supercharged cars head to auction, while a Ford Escort XR3 and an MGA are also for sale.

9.00 **Bangers & Cash** Derek heads out to pick up a pair of beautiful Swedish models – a Saab 96L and a Volvo P1800ES.

10.00 **Classic Car Kings** Irv beings a project to restore a 1970s Lamborghini Espada for a client in the Middle East.

11.00 **Bangers & Cash** Jack is off to West Yorkshire to extract a 1987 Peugeot 205 GTI from a garage in a narrow lane.
12.00 M'T **Bangers & Cash** Derek waxes lyrical about a Jaguar XJ8 and a Ford Model T van.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Saturday

Quest

144 149 137 12 144 17

6.00 AM **HMS Ark Royal**
8.00 **Wheeler Dealers World Tour**
9.00 **Wheeler Dealers**
2.00 PM **Wheeler Dealers World Tour**
3.00 **MotoGP** The Grand Prix of Czechia sprint race.
4.00 **Shed and Buried**
6.00 **Find It, Fix It, Flog It**
9.00 **Massive Engineering Mistakes** New editions In New Zealand, flooding devastates a community, a disaster strikes a TV tower in Nebraska, and there's a leak at a chemical plant in Texas. **10.00** In Nebraska, a massive explosion devastates a town, while in Canada, catastrophe strikes a lakeside community.
11.00 **Outback Truckers**
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Say Yes to the Dress: The Big Day**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Judge Rinder's Crime Stories**
9.00 NEW SERIES **American Detective with Lt Joe Kenda** A strangulation case comes down to an encounter at a deli.
10.00 **Crime Scene Investigators** New edition Experts piece together forensic clues to expose a killer.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
6.05 PM **Citizen Detective** A man's mother and sister examine his death.
7.00 **Cold Cases Reopened** The body of a woman is found on a highway. **8.00** A community is left reeling as one of its locals is found dead.
9.00 **Killer Kids** The 2006 murder case of the Richardson family. **10.00** How a student planned a killing spree at his own school.
11.00 **48 Hours** A case of a filmmaker who tries to solve a real-life murder. **12.00** M'T A top Olympic competitor's fall from grace. **1.00** AM Investigating the disappearance of Lori Ann Slesinski.
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Five editions.
2.00 PM **Medical Detectives** Tracking an elusive killer. **2.30** Three Indiana construction workers are found executed. **3.00** The truth behind a supposed accidental bathtub drowning. **3.30** The case of a Texas ex-con arrested for a bloody murder. **4.00** Investigators use geographical profiling to close in on a rapist. **4.30** A California career woman keeps falling ill and doctors cannot determine why.
5.00 **New Scotland Yard Files** The disappearance of Alice Gross.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Cult Justice**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **Killer in My Village** True-crime.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **What the Killer Did Next** Megan Newton.
5.00 **Britain's Most Evil Killers**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **How I Caught the Killer**
9.00 **Murder Next Door**
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 M'T **Forensics: Catching the Killer** True-crime.
1.00 AM **Murder Uncut**
2.00 **What the Killer Did...**
3.00 **Murdered at First Sight**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
11.50 **After Chaos** Double bill.
2.10 PM **World of Stonehenge** The origins of Britain and its people. **3.15** Exploring the impact of farming on social evolution. **4.25** Examining Stone Age monuments in Britain and Ireland. **5.35** The Bronze Age.
6.40 **Forgotten Soldier** Lady Irene Hatter uncovers the truth behind her father's bravery during the World War Two.
8.10 **Fight to the Finish** Canadian survivors give their accounts of World War Two.
9.40 **After Chaos** 1/2. The reconstruction of Berlin after World War Two. **10.50** 2/2. Examining how Warsaw was rebuilt after World War Two.
12.00 M'T **to 2.00** AM **Forgotten Soldier**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Helen Mirren**
7.00 **Discovering: Vanessa Redgrave**
8.00 **The Directors**
9.00 **AKA Mr Chow**
10.50 **My Icon: Michael Holding**
11.00 **Barbie Uncovered: A Dreamhouse Divided**
12.50 PM **My Icon: Pam Cookey**
1.00 **The Wimbledon Kidnapping**
2.50 **Hitsville: The Making of Motown** The history and origins of the Motown record label.
4.50 **Mr Dynamite: The Rise of James Brown** The career of the singer and producer.
7.00 **Pee-wee as Himself** The life and career of actor and comedian Paul Reubens. **9.00** Paul Reubens talks candidly about the highs and lows he endured.
11.00 **The Truth vs Alex Jones** The defamation lawsuits brought by Sandy Hook parents against Alex Jones.
1.15 AM **Terry Venables: A Man Can Dream**
3.15 **Stasi FC** Documentary.
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Double bill.
8.00 **Hope for Wildlife: The Next Generation** Triple bill.
11.00 **Ireland's Wild Islands with Eoin Warner**
12.00 NOON **13 Hours to Survive**
1.00 PM **Big Cat Country**
3.00 **David Attenborough's Global Adventure** Triple bill.
6.00 **Flying Monsters with David Attenborough**
7.20 **Making David Attenborough's Flying Monsters**
8.10 **Carpathian Predators** The role played by the Eurasian wolf in the Carpathian mountains.
9.00 **Surviving the Amazon**
10.00 **Guardians of the Wild** The team relocate baby elephants. **11.00** Why Zambia's Kinda baboons have turned their back on aggression.
12.00 M'T **Carpathian Predators**
1.00 AM **Surviving the Amazon**
2.00 **Matsalu Moose: Wild Giants of the Baltics**
3.00 **to 6.00** AM **New Kids in the Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Deadly Standoff**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Alien Files: Unsealed**
2.00 **WWII Lost Films**
3.00 **What on Earth?**
4.00 **Alien Files Reopened**
5.00 **Alien Files: Unsealed**
6.00 **Secrets in the Ice**
7.00 **UFO Hunters** Pilots' claims of combat engagements with UFOs.
8.00 **Strangest Things** Perplexing historical object the Jericho Head, a 9,000-year-old clay-covered artifact.
9.00 **Deep Water Salvage** Crews battle pirates, tornadoes and riots in order to salvage a wrecked cargo ship.
10.00 **U-Boat Wargamers** 6/6. Docudrama about the women who helped win the Battle of the Atlantic in World War Two.
11.05 **Hitler's Secret Sex Life**
12.05 AM **Ancient Aliens**
3.00 **Hitler's Handmaidens**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **Secrets in the Ice**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Four editions.
10.45 **My Strange Arrest**
11.45 **Hometown Tragedy**
1.05 PM **A Perfect Scam**
3.00 **#Textmewhenyougethome**
4.00 **Murder at the Motel**
5.00 **Accident, Suicide or Murder?**
7.00 **Accident, Suicide or Murder?** Investigating deaths considered to be mysterious.
8.00 **Accused: Did I Do It?** A peaceful morning ends in tragedy when a car accident ends in a deadly altercation.
9.00 **Last Night Out** A woman beaten by her ex after a family birthday party.
10.00 **I Am a Stalker** Stories of love that turned into an obsession.
11.00 **The Killer Interview with Piers Morgan** Rod Covlin.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **Murder at the Motel**
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **A Perfect Scam**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Fish Tank Kings**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: Tampa Rescue Squad**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Deadly Dozen**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets** The vets help a seizing dog and a dizzy bunny, and three goats are consumed by parasites.
8.00 **Secrets of the Zoo** New deer fawn babies are born. **9.00** An older male Mandrill shows his true colours during a dental exam.
10.00 **America's Deadliest Sharks** Why the US has more shark attacks than the rest of the world combined, despite only a handful of the 175 species in the nation's waters being dangerous to humans.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
2.00 PM **Shed and Buried** Henry and Fuzz check out Nir's collection of vehicles. **2.30** Henry and Fuzz meet Norman, a lifetime petrolhead.
3.00 **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** New discoveries surrounding dark matter and energy. **7.00** New discoveries reveal NASA's spacecraft's secrets. **8.00** The search for alien life on other planets in the galaxy.
9.00 **Greatest Events of World War II** 7/10. The Battle of the Bulge, which began in 1944. **10.00** 8/10. Rare archive footage of the Allies' bombing of the German city of Dresden. **11.00** 9/10. Colourised archive footage depicts the atrocities.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.55 **Secret Army** Double bill.
1.20 PM **Oliver Twist**
2.35 **The Dick Emery Show**
4.35 **Secret Army** Double bill.
6.55 **Oliver Twist** Monks has destroyed the last clue to Oliver's identity, but Nancy has warned Rose of the danger. **7.35** Mr Brownlow, now reunited with Oliver, has joined with the Maylies to defeat Monk's conspiracy.
8.15 **The Dick Emery Show** Triple bill of comic sketches from the bizarre cast of characters.
10.10 **Secret Army** *The Hostage:* 1/13. Lifeline is ordered to protect a senior army officer who could potentially reveal secret military information. (S2)
11.25 **Louis Theroux: Dark States – Trafficking Sex**
12.30 AM **Oliver Twist** As 7.35pm.
1.10 **The Dick Emery Show**
3.10 **Secret Army** Double bill.
5.00 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed** Double bill.
10.00 **Someone You Thought You Knew** Double bill of editions.
12.00 NOON **Married with Secrets**
2.00 PM **Evil Stepmothers**
4.00 **Deadly Secrets**
6.00 **American Monster** A case in which deceit and violence eventually turned deadly. **7.00** The case of cousins Mark Corona and Paul Stoeppler. **8.00** The death of biker and single father Brandon Duran.
9.00 **Evil Lives Here** When Courtney's boyfriend moves in, his jealousy boils over. When she finally has enough, he directs his rage on the person she loves most.
10.00 **Faking It: Tears of a Crime** Ian Stewart killed his wife, and years later, he killed his millionairess fiancée.
11.00 **Lethally Blonde**
12.00 M'T **Mean Girl Murders**
2.00 AM **Truth About Murder with Sunny Hostin** Double bill.
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Street Outlaws: No Prep Kings** Triple bill of editions.
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Texas Metal**
5.00 PM **Kindig Customs** Triple bill of the series, including at: **7.00** An old client returns to get help building a Mopar.
8.00 **Supertruckers** The team move a huge cheese vat from a rural Welsh factory to Suffolk. **9.00** Matt, Arran and Paul move a giant crane bound for a wind turbine factory. **10.00** The firm have to deal with two huge military moves.
11.00 **Motor Pickers** A family man seeks an exciting hot hatch. **11.30** Paul and Helen hunt for the perfect luxury SUV. **12.00** M'T Paul and Helen help a man find a faster upgrade to his BMW 6 series. **12.30** AM Car buyers receive help to find their dream rides.
1.00 **to 5.00** AM **Street Outlaws: No Prep Kings**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **PREMIERE Sacramento**
8.10 **Juror #2** As 8.00pm.
10.10 **Wicked** As shown at 5.10pm.
1.00 PM **Gladiator II** As 10.10pm.
3.30 **PREMIERE Sacramento** Comedy with Michael Angarano, Michael Cera and Kristen Stewart. (2024, 15, 89min) ★★★ *See review, page 23.*
5.10 **Wicked** Musical fantasy adventure starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★

3.30 Sacramento

8.00 Juror #2 Thriller starring Nicholas Hoult, Toni Collette, JK Simmons and Chris Messina. While serving as a juror in a high-profile murder case, a family man grapples with a serious moral dilemma. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Gladiator II Historical drama sequel starring Paul Mescal. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Strange Darling** Thriller starring Willa Fitzgerald. (2023, 18, 97min) ★★★★
2.20 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
3.55 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
5.40 **to 6.00** AM **The Cinema List**

Sky Cinema Hits

303 303 403 503 517

8.20 AM **School of Rock** (2003)
10.20 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★
12.15 PM **Pitch Perfect 2** Comedy sequel. (2015, 12, 112min) ★★★
2.15 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
4.05 **School of Rock** Comedy with Jack Black and Joan Cusack. (2003, PG, 109min) ★★★★
6.05 **Mamma Mia!** Musical starring Meryl Streep and Colin Firth. (2008, PG, 108min) ★★★★

6.05 Mamma Mia!

8.00 Mamma Mia! Here We Go Again Abba-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 A Star Is Born Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Chicago** Musical starring Renée Zellweger. (2002, 12, 112min) ★★★★
2.25 **Singin' in the Rain** Musical starring Debbie Reynolds. (1952, U, 102min) ★★★★★
4.20 **to 6.45** AM **The Great Gatsby** Romantic drama. (1974, 12, 146min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **The Quiet Man** As 2.30am.
8.50 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
11.15 **The Convert** Action drama. (2024, 15, 119min) ★★★★
1.20 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
3.30 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
5.45 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★

8.00 The King's Speech Drama starring Colin Firth, Geoffrey Rush and Helena Bonham Carter. An unconventional speech therapist is the future George VI's last hope to cure his crippling stammer. (2010, 12, 118min) ★★★★★
10.10 **The Post** Drama starring Meryl Streep and Tom Hanks. In 1971, American newspapers race to expose a government cover-up of Vietnam War secrets. (2017, 12, 113min) ★★★★

12.15 AM **West North West** Drama starring Hanae Kan and Sahel Rosa. (2015, 15, 125min) ★★★
2.30 **The Quiet Man** John Ford's drama. (1952, U, 129min) ★★★
4.50 **to 7.00** AM **Girl You Know It's True** Drama starring Elan Ben Ali. (2023, 15, 124min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.35 AM **Omni Loop** Sci-fi drama. (2024, 12, 112min) ★★★★
8.35 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
10.30 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
12.00 NOON **Speak No Evil** (2024)
1.55 PM **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★
4.05 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★

6.10 **The Purge: Anarchy** Horror sequel starring Frank Grillo. (2014, 15, 102min) ★★★
8.00 **Speak No Evil** Horror starring James McAvoy. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. (2024, 15, 110min) ★★★★
10.00 **28 Days Later** Horror starring Cillian Murphy. A small group of people struggle to survive when a deadly virus devastates the UK. (2002, 18, 113min) ★★★★

12.00 M'T **Ready Player One** Fantasy. (2018, 12, 140min) ★★★★
2.30 AM **Tarot** Horror with Harriet Slater. (2024, 15, 92min) ★★
4.10 **AfrAId** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
5.45 **to 7.25** AM **The Ritual** Horror. (2017, 15, 94min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.20 AM **The Karate Kid** (2010)
8.45 **Finding Neverland** (2004)
10.35 **The Flintstones** (1994) ★★★
12.15 PM **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
1.55 **Ghostbusters: Frozen Empire** Adventure. (2023, 12) ★★★
4.00 **Peter Rabbit 2: The Runaway** Adventure. (2021, U) ★★★
5.40 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
7.20 **Cats & Dogs** Comedy fantasy. (2001, PG, 87min) ★★★

5.40 Look Who's Talking

8.55 **Big Fat Liar** Teen comedy starring Frankie Muniz and Paul Giamatti. A 14-year-old schoolboy travels to Hollywood to force a movie producer to admit he stole the idea for his latest film. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

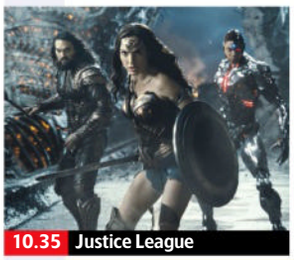
10.25 **Bookworm** Comedy starring Elijah Wood. An 11-year-old girl's world is turned upside down when her estranged father takes her on a wild adventure. (2024, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
2.00 **Breaking Point** Drama. (2023, 12, 102min) ★★★
3.45 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
5.30 **to 7.30** AM **Ghostbusters: Frozen Empire** As 1.55pm.

Sky Cinema Action

307 307 407 507 521

6.00 AM **Man of Steel** Adventure. (2013, 12, 143min) ★★★
8.30 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
10.50 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
1.15 PM **Superman** Adventure. (1978, PG, 143min) ★★★★
3.40 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
5.50 **Superman III** Fantasy sequel starring Christopher Reeve. (1983, PG, 123min) ★★★


10.35 Justice League

8.00 **Superman Returns** Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. After a five-year absence, Superman returns and finds that old flame Lois Lane is a mommy and that old foe Lex Luthor is cooking up more trouble. (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Justice League** Fantasy starring Ben Affleck. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against a supervillain. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Aquaman** Adventure. (2018, 12, 143min) ★★★
3.05 **Aquaman and the Lost Kingdom** Adventure sequel. (2023, 12, 124min) ★★★
5.15 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Buddy Films

308 308 408 508 522

7.25 AM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15) ★★★
9.10 **Two Weeks Notice** As 3.15am.
10.55 **Role Models** (2008) ★★★★
12.40 PM **Mean Girls** Musical. (2023, 12, 112min) ★★★
2.35 **Bad Boys: Ride or Die** Action adventure. (2024, 15) ★★★
4.35 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
6.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

6.15 The Hangover

8.00 **The Hangover Part II** Dark comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's brother despite severe memory loss. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Parenting** Horror comedy starring Nik Dodani and Brian Cox. (2025, 15, 94min) ★★★
1.25 AM **Horrible Bosses** (2011)
3.15 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
5.10 **to 6.50** AM **The Buddy Games** Comedy starring Josh Duhamel. (2019, 15, 90min) ★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **Ruthless** As 12.30am.
7.55 **Antebellum** As 4.15pm.
9.50 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
12.15 PM **Inferno** Suspense thriller. (2016, 12, 121min) ★★★
2.30 **The Wasp** Action thriller. (2024, 15, 96min) ★★★★
4.15 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
6.10 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★

6.10 Layer Cake

8.00 **Jason Bourne** Thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Sum of All Fears** Action thriller based on the novel by Tom Clancy, starring Ben Affleck and Morgan Freeman. (2002, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Ruthless** Action thriller. (2023, 15, 92min) ★★★
2.15 **Machete** Action adventure. (2010, 18, 104min) ★★★
4.10 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
5.55 **to 7.35** AM **Rashomon** Japanese drama with Toshiro Mifune. Subtitled. (1950, b/w, 12, 88min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Karate Kid** Martial arts adventure. (1984, 12, 127min) ★★★★
1.25 PM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
3.50 **The Karate Kid: Part III** Martial arts sequel starring Ralph Macchio. (1989, PG, 111min) ★
6.15 **The Karate Kid** Martial arts family drama with Jaden Smith. (2010, PG, 140min) ★★★

9.00 The Equalizer

The Karate Kid (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer** Action thriller starring Denzel Washington and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after helping an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Long Good Friday** Gangster thriller starring Bob Hoskins as an East End crime boss whose underworld empire crumbles around him. (1979, 18, 114min) ★★★★★
1.55 **to 4.00** AM **Isle of Dogs** Animated adventure featuring the voices of Bryan Cranston and Koyu Rankin. (2018, PG, 101min) ★★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.45 AM **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
8.30 **Exhibiting Forgiveness** Drama. (2024, 15, 117min) ★★★
10.30 **Black Dog** As shown at 4.15am.
12.10 PM **Bad Boys: Ride or Die** Comedy adventure sequel. (2024, 15, 115min) ★★★
2.10 **The Bikeriders** Drama starring Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★
4.10 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
6.00 **Venom: The Last Dance** Adventure sequel starring Tom Hardy. (2024, 15, 110min) ★★★
8.00 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★
10.30 **Joker: Folie à Deux** Musical starring Joaquin Phoenix. An unhinged comedian meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
1.00 AM **AfrAId** Sci-fi horror starring John Cho and Keith Carradine. (2024, 15, 84min) ★★
2.30 **Blood for Dust** Action thriller starring Scoot McNairy and Josh Lucas. (2023, 15, 98min) ★★★
4.15 **to 6.00** AM **Black Dog** Drama. (2023, 15, 96min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **The Young Master** (1980)
8.40 **Royal Warriors** As 4.00am.
10.30 **Gloria** Crime action drama. (1980, 15, 121min) ★★★★
12.35 PM **The Godfather** Crime drama starring Marlon Brando. (1971, 15, 167min) ★★★★★
3.35 **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner and Morgan Freeman. (1991, PG, 138min) ★★
6.00 **Raiders of the Lost Ark** Adventure with Harrison Ford. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's action adventure starring Kate Capshaw and Harrison Ford. (1984, PG, 118min) ★★★
10.00 **Indiana Jones and the Last Crusade** Adventure starring Harrison Ford. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
12.10 AM **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
2.05 **The Young Master** Comedy. (1980, 15, 86min) ★★★
4.00 **Royal Warriors** Action thriller. (1986, 18, 96min) ★★★
5.45 **to 6.15** AM **The Cinema List**

Sky Cinema Animation

305 305 412 500 514

7.25 AM **The Nut Job** As 2.00am.
9.00 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
10.50 **The Lego Movie 2: The Second Part** (2019, U) ★★★★
12.45 PM **Migration** Animated comedy. (2023, U, 83min) ★★★
2.20 **Shrek** Animated adventure. (2001, U, 90min) ★★★★★
4.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
5.40 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
7.30 **Madagascar 3: Europe's Most Wanted** Animated comedy sequel featuring the voices of Ben Stiller and Chris Rock. (2012, PG, 93min) ★★★★
9.10 **The Wild Thornberrys Movie** Animated family adventure with the voice of Lacey Chabert. (2002, U, 85min) ★★★
10.45 **The Swan Princess** Animated musical with the voice of Jack Palance. (1994, U, 89min) ★★★
12.20 AM **Madagascar 3: Europe's Most Wanted** As 7.30pm.
2.00 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
3.30 **Curious George** Animation. (2006, U, 87min) ★★★★
5.00 **to 6.20** AM **Little Vampire** Animation. (2020, PG) ★★★

Movies 24

312 313 419

7.00 AM **The Christmas Quest** Drama. (2024, PG, 90min) ★★
9.00 **A Lot Like Christmas** Romantic comedy. (2021, PG, 86min) ★★
11.00 **To Have and to Holiday** Festive drama. (2024, PG, 90min) ★★
1.00 PM **Christmas on Call** Festive drama. (2024, PG, 90min) ★★
3.00 **Making Spirits Bright** Drama starring Taylor Cole and Carlo Marks. (2021, PG, 84min) ★★
5.00 **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★
7.00 **The Mistletoe Secret** Romantic drama starring Kellie Pickler and Tyler Hynes. The host of a travel blog and his ghost writer both fall for a woman vying for her home town to be featured. (2019, PG, 83min) ★★
9.00 **Three Wise Men and a Baby** Comedy starring Paul Campbell. Three brothers are forced to care for a baby over Christmas. (2022, PG, 90min) ★★
11.00 **Merry Exmas** Family drama. (2014, PG, 90min) ★★
1.00 AM **Deck The Halls on Cherry Lane** Drama. (2024, PG) ★★
3.00 **to 5.00** AM **The Finnish Line** Comedy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Thunder Rock** (1942) ★★★
8.05 **Watch Out** Short comedy.
8.25 **Space Patrol** 11/39. (S1)
9.00 **Batman** 26/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 16/26. (S1)
10.30 **Calamity the Cow** Adventure. (1967, b/w, U, 59min) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **The Incredible Petrified World** (1959, b/w, PG) ★★
1.20 PM **One Step Beyond** (S1)
1.55 **Captain Scarlet and the Mysterons** 28/32. (S1)
2.30 **Millions Like Us** War drama. (1943, b/w, U, 103min) ★★★★
4.30 **Steam Beyond the Solent**
4.50 **Sea of Sand** Action drama. (1958, b/w, U, 97min) ★★★
6.50 **Look at Life** Documentary.
7.00 **Maigret** 5/13. (S1)
8.00 **A Family at War** 9/19. (S2)
9.05 **The Deadly Affair** Crime thriller starring James Mason. (1966, PG, 107min) ★★★
11.10 **The Blob** Sci-fi horror thriller. (1958, 12, 81min) ★★★
12.50 AM **The Believers** (1987, 18) ★★
3.05 **The Other Love** Drama. (1947, b/w, PG, 96min) ★★
4.50 **A Lifetime Ago with the Baim Collection**
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 LIVE **International Rugby Union New Zealand v France.** Coverage of the series-concluding third Test staged at FMG Stadium Waikato. Kick-off is at **8.05am**.
10.00 LIVE **British and Irish Lions Tour Australia v British & Irish Lions.** Coverage of the first Test in the three-match series from Suncorp Stadium. Kick-off is at **11.00am**. *See feature, page 28.*
2.00 PM LIVE **The Open** Day three of the fourth and final Major of the year staged at Royal Portrush Golf Club in County Antrim. Bill Horschel held the lead at the end of the third round 12 months ago at Royal Troon on four-under.
8.30 LIVE **World Matchplay Darts** Coverage of day one of the tournament at Winter Gardens in Blackpool, which is scheduled to feature four first-round matches.
11.00 LIVE **PGA Tour Golf** Coverage of day three of the Barracuda Championship at Tahoe Mountain Club, where USA's Nick Dunlap captured victory last season.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** A replay of Arsenal v Manchester United from 1997.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
3.00 PM **Premier League Highlights** Liverpool v Nottingham Forest.
3.30 Liverpool v Southampton.
4.00 Action from Manchester City v Brentford at Etihad Stadium.
4.30 Manchester City v Brighton.
5.00 Manchester City v Fulham.
5.30 Highlights from Manchester City v Ipswich Town.
6.00 Action from Manchester City v Newcastle United.
6.30 Manchester City v Southampton at Etihad Stadium.
7.00 **PL Special: The Centurions**
8.00 **Transfer 360** Double bill.
9.00 **Chasing the Dream**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years** A look at the 2023/24 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Retro League One**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Liverpool v Cardiff City in the 2012 final.
11.00 **Best Scottish Premiership Goals 2022/23** Archive action.
11.30 **Best Scottish Premiership Goals 2023/24** Highlights.
12.00 NOON **Retro League One**
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 **EFL** A round-up of the best goals from the 2017/18 season.
6.00 **Championship Retro** Leeds United v Derby County in 2019.
8.00 **EFL Greatest Games** Cardiff City v Wolves from 2017/18.
8.15 Highlights of Derby County v Cardiff City from 2017/18.
8.30 Derby County v Leeds Utd.
8.45 West Bromwich Albion v Leeds United from 2018/19.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy Football** Action from Portsmouth v Salford City.
12.00 M'T **EFL** The 2013/14 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Women's One-Day International Cricket**
7.00 **Best of England v India**
8.00 **Best of ICC WT20**
8.30 **Best of England v India**
9.30 **Women's One-Day International Cricket**
10.30 LIVE **Women's One-Day International Cricket England v India.** Coverage of the second one-day international in the three-match series staged at Lord's in London. Going into this series the visitors had won four of the last five ODI's between the two sides, as well as winning the last three in a row.
7.00 PM **Ashes Greats** Player profiles.
7.30 **The Film Room: England v India** A look back at a memorable 2011 Test match.
8.00 **Best of England v India**
9.00 **Women's One-Day International Cricket**
12.00 M'T **Best of ICC WT20**
12.15 AM **Best of England v India**
12.45 **Best of ICC WT20**
1.00 **Vitality T20 Blast Cricket**
4.45 **Best of ICC WT20**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **The Open** Action and features.
11.00 LIVE **The Open** Coverage of day three held at Royal Portrush Golf Club in County Antrim.
8.30 PM **This is Open Country**
9.30 **Chronicles of a Champion Golfer** A profile of Rory McIlroy.
10.00 LIVE **PGA Tour Golf** Day three of the Barracuda Championship.
1.00 AM **The Open** The third day.
2.00 **PGA Tour Champions**
3.00 **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **The Open** The third day.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM LIVE **ATP Tennis** The semi-finals of the Los Cabos Open.
7.30 **WTA & ATP Tennis**
8.00 **ATP Tennis** Halle Open final.
9.00 **WTA & ATP Tennis**
9.30 **ATP Tour This Week**
10.00 LIVE **ATP Tennis** The semi-finals of the Swiss Open Gstaad.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the Tours.
5.00 PM LIVE **WTA Tennis** Coverage of the semi-finals of the Iasi Open.
7.00 **ATP Tour This Week**
7.30 **ATP Tennis** Madrid Open.
8.30 **WTA & ATP Tennis** Reviews.
2.00 AM **Bitesize Tennis** Highlights.
3.00 **ATP Tour This Week**
3.30 **WTA Tennis** Madrid Open.
4.00 **to 6.00** AM LIVE **ATP Tennis** The Los Cabos Open final.

TNT Sports 1

410 413 521 408 430

7.00 AM LIVE **AFL Sydney Swans v North Melbourne.** Coverage of the match from the 19th round of fixtures staged at Sydney Cricket Ground. Bounce-up is at **7.15am**.
10.00 **Tour de France Highlights**
10.30 LIVE **Tour de France** Coverage of the 14th stage, which consists of a 182.6km route from Pau to the ski resort of Superbagneres. After yesterday's individual time-trial, the peloton returns to the mountains for a gruelling stage that will see them tackle four different summits.
5.00 PM **Classic Premier League**
7.00 **MLB Highlights**
8.00 LIVE **MLB Toronto Blue Jays v San Francisco Giants.** The inter-league match at Rogers Centre. Start-time is at **8.07pm**.
11.15 **World Rally Championship**
11.45 **Fight Week** UFC 318 preview.
12.30 AM **Tom Aspinall's Fight Lab**
1.00 LIVE **UFC** The preliminary bouts.
3.00 **to 7.00** AM LIVE **UFC Max Holloway v Dustin Poirier.** Coverage of the lightweight bout for the BMF title staged at Smoothie King Center in New Orleans, plus the undercard fights.

TNT Sports 2

411 414 522 409 431

6.15 AM **MLB: Off the Bat**
6.45 **MotoGP** Recent action.
7.30 LIVE **MotoGP** The Grand Prix of Czechia MotoGP, Moto2 & Moto3 second free practice sessions.
9.00 LIVE **MotoGP** The Grand Prix of Czechia MotoGP qualifying.
11.45 LIVE **MotoGP** Grand Prix of Czechia Moto3 & Moto2 qualifying.
1.45 PM LIVE **MotoGP** Grand Prix of Czechia MotoGP sprint race.
2.45 **MotoGP Breakdown Show**
3.45 **Training Day** With Tim Henman.
4.00 LIVE **SailGP** Day one of the Great Britain Sail Grand Prix.
5.30 **Test Cricket Highlights**
7.30 LIVE **IFSC Climbing World Cup** Coverage from Madrid.
9.30 **World Rally Championship**
10.00 **Tom Aspinall's Fight Lab**
10.30 **UFC Countdown**
11.30 **MLB: Off the Bat**
12.00 M'T LIVE **MLB Arizona Diamondbacks v St Louis Cardinals.** Start-time **12.15am**.
3.15 AM **TNT Sports Reload**
3.30 **World Rally Championship**
4.00 **to 7.00** AM LIVE **AFL Geelong Cats v St Kilda.** From GMHBA Stadium. Bounce-up is at **4.10am**.

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.55 LIVE **International Rugby Union New Zealand v France.** Coverage of the series-concluding third Test staged at FMG Stadium Waikato. Kick-off is at **8.05am**.
10.00 LIVE **British and Irish Lions Tour Australia v British & Irish Lions.** Coverage of the first Test in the three-match series from Suncorp Stadium. Kick-off is at **11.00am**. *See feature, page 28.*
2.00 PM **Lions Legends**
3.00 **British and Irish Lions Tour**
3.45 **Rugby Greatest Games**
3.50 LIVE **International Rugby Union South Africa v Georgia.** Coverage of the Test from Mbombela Stadium. This is just the third time these teams have met, with South Africa winning the previous two at the 2003 Rugby World Cup and behind closed doors in 2021. Kick-off **4.10pm**.
6.00 **British and Irish Lions Tour**
7.45 **Lions Legends** Player profile.
8.00 **British and Irish Lions Tour**
12.00 M'T **Lions 1997: Living with Lions** Documentary.
3.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
8.30 LIVE **NRL Canterbury Bulldogs v St George-Illawarra Dragons.** Coverage of the match from the 20th round of fixtures at Accor Stadium. Kick-off **8.30am**.
10.30 **EFL Highlights**
11.30 LIVE **Fish-O-Mania** Coverage of the annual fishing competition at Westwood Lakes in Boston, Lincolnshire, where 25 people will compete for the £50,000 prize.
5.00 PM **Sports Saturday**
6.00 **Sky Sports News**
7.00 LIVE **World Matchplay Darts** Coverage of day one of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four first-round matches. Eventual champion Luke Humphries was in action at the corresponding stage 12 months ago and recorded a 10-4 victory over Ricardo Pietreczko, with both players recording a three-dart average of over 100.
11.00 **Sky Sports News**
12.00 M'T **Women's Super League**
2.30 AM **Super League**
5.15 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.15 LIVE **NRLW Canterbury-Bankstown Bulldogs v St George Illawarra Dragons.**
8.00 **EFL Greatest Games**
8.15 LIVE **NRLW Cronulla-Sutherland Sharks v North Queensland Cowboys.**
10.00 **NRLW & NRL Grand Finals**
10.30 LIVE **NRL Melbourne Storm v Manly-Warringah Sea Eagles.**
12.30 PM **The Open** The second day.
1.30 LIVE **Indycar** The latest action.
3.35 **Women's ODI Cricket**
5.25 **NRLW & NRL Grand Finals**
5.55 LIVE **Super League Catalans Dragons v Hull Kingston Rovers.**
8.00 **Women's ODI Cricket**
10.00 **PL Greatest Games**
11.00 **Super League** A match replay.
1.05 AM **Women's ODI Cricket**
2.05 **PL Greatest Games**
2.50 LIVE **NRLW Wests Tigers v Gold Coast Titans.** K-o **2.50am**.
4.35 **My Icon** Leon Pryce.
4.45 **to 6.30** AM LIVE **NRLW Brisbane Broncos v Sydney Roosters.** Kick-off **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **TNT Sports Reload**
6.15 LIVE **World Rally Championship** Rally Estonia.
8.00 **Highlights**
8.45 LIVE **World Rally Championship** Rally Estonia.
10.30 **Highlights**
1.00 PM LIVE **World Rally Championship** Rally Estonia.
2.45 **Highlights**
3.30 LIVE **World Rally Championship** Rally Estonia.
5.15 **What I Wore** Best Of.
5.45 LIVE **World Rally Championship** Rally Estonia.
7.00 **Classic Premier League**
7.30 **MotoGP** Grand Prix of Czechia.
8.00 **Tour de France Highlights**
9.00 **Fight Week** UFC 318 preview.
9.45 **UEFA Champions League**
10.45 **Highlights**
2.00 AM LIVE **MLB Los Angeles Dodgers v Milwaukee Brewers.**
5.15 **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Tour de France Highlights**
7.00 **What I Wore** Best Of.
7.30 **Test Cricket Highlights**
9.30 **Tour de France Highlights**
10.30 LIVE **AFL Carlton v Melbourne.** Coverage of the match from Melbourne Cricket Ground. Bounce-up **10.35am**.
1.30 PM **MLB Highlights**
2.30 **Fishing: On the Bank**
3.30 **TNT Sports Cricket Reload**
3.45 LIVE **MotoGP Northern Talent Cup** The Grand Prix of Czechia MotoGP opening race staged at Automotodrom Brno.
4.45 **MotoGP Rewind**
5.00 **TCR World Tour Review**
5.30 **Ultimate Pool** Pairs Cup.
7.00 **AFL** Four match replays.
1.00 AM **MotoGP** Recent action.
1.30 **Test Cricket Highlights**
3.30 **Born Racers** At the Rookies Cup.
4.30 **MotoGP** Grand Prix of Czechia.
5.00 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Premier Sports 1

419 551

6.00 AM **Motorsport Highlights**
8.00 **Transworld Sport** Magazine.
9.00 **World Surf League**
10.00 **Scottish Rally Championship**
10.30 **Motorsport Highlights**
12.00 NOON **NASCAR Highlights**
1.00 PM **Euro Le Mans Highlights**
2.00 **World Surf League**
3.00 **Premier Sports Cup**
5.00 LIVE **Premier Sports Cup Stirling Albion v Hearts.** The Group E match from Forthbank Stadium. Kick-off is at **5.15pm**.
7.45 **LaLiga Specials** Goalkeepers.
8.00 **NASCAR Highlights**
9.00 **Euro Le Mans Highlights**
10.00 **World Surf League**
11.00 **Scottish Rally Championship**
11.30 **Michelin Le Mans Cup**
12.00 M'T **Transworld Sport**
1.00 AM **Motorsport** Drew Gibson.
2.00 **Indy Autonomous Challenge**
3.30 **LaLiga Specials**
4.00 **Euro Le Mans Highlights**
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.30 **Football's Greatest**
9.00 **United Rugby Championship**
11.00 **Temples of Sport**
11.30 **GP Confidential** F1 news.
12.00 NOON **Pre-Season Football**
2.00 PM **Football's Greatest**
2.30 **FastZone** Motorsports highlights.
3.00 **CONCACAF Gold Cup**
4.55 LIVE **Pre-Season Football Eintracht Frankfurt v FSV Frankfurt.** Coverage of the friendly match staged at PSD Bank Arena. Kick-off **5.00pm**.
7.00 **Football's Greatest**
7.30 **Bike World** Magazine.
8.00 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers.
10.00 **NHL: This is Hockey**
10.30 **Premier Sports Cup**
12.30 AM **LaLiga Specials**
1.00 **Top 14 Rugby Union**
3.30 **Coppa Italia** Bologna v AC Milan.
5.30 **to 6.00** AM **Sporting Countdowns**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Highlights.
12.50 PM LIVE **Ferrari Challenge** Coverage of the latest race.
1.50 **Carlos Sainz & the Lie Detector**
2.05 LIVE **Ferrari Challenge** Coverage of the latest race.
3.05 **Why Heritage Matters**
3.30 LIVE **Indycar** The Indy Toronto second practice session in Canada.
4.30 **Ferrari Challenge Europe**
5.30 **British GT Championship**
7.05 **F1 Features**
7.30 LIVE **Indycar** The Indy Toronto qualifying session in Canada.
9.00 **Why Heritage Matters**
9.30 **Formula 1** British Grand Prix.
10.30 **Ted's Notebook**
11.00 PM **to 6.00** AM **Highlights**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

20 July

Evening Planner

Crime Drama

Karen Pirie

ITV1, 8pm (box set, ITVX)

Lauren Lyle returns as Val McDermid's DI Karen Pirie, who is called upon to reinvestigate a 40-year-old kidnapping.

Thriller

The Veil

C4, 9pm (box set, C4 Streaming)

Elisabeth Moss (*The Handmaid's Tale*) is a veteran MI6 agent tasked with identifying an ISIS threat in this spy thriller.

Crime Drama

S.W.A.T.

Sky Max & Sky Showcase, 9pm

The action drama returns for an eighth and final series, and the team's latest mission is a personal one for Hondo.

Drama

The Narrow Road to the Deep North

BBC1, 9.15pm (box set, BBC iPlayer)

Jacob Elordi stars in this WW2 drama as an Australian PoW in the Far East.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.15 Countryfile		8.15 Antiques Roadshow		9.15 The Narrow Road to the...	10.00 News; Local News	
	102 BBC2	7.00 Top Gear		8.00 Golf: The Open Highlights				10.00 Film: The Wolf of Wall Street	
	103 ITV1	7.00 Celebrity Catchphrase		8.00 Karen Pirie				10.00 News	10.20 Breaking the Silence...
	104 CHANNEL 4	‹ 6.00 Film: Fisherman's Friends: One and...		8.00 Jimmy Doherty's Big Bear Rescue		9.00 The Veil		10.00 24 Hours in Police Custody...	
	105 5	‹ 6.30 Heatwave: Surviving the Summer of...		8.00 22 Kids & Counting: Noel's Long-Lost...		9.00 Octomum: The World's Most-Hated Woman?			10.30 Confessions...
	106 SKY SHOWCASE	‹ 6.45 Film: Stargate				9.00 S.W.A.T.		10.00 Ricky Gervais: Fame	
ENTERTAINMENT	115 BBC3	7.00 Film: Bill			8.30 Dubai Hustle	9.00 The Kim Kardashian...		9.45 Paranormal: Britain's Last Witch	
	116 BBC4	7.00 Britain's Most Fragile Treasure		8.00 Ravel's Piano Concerto for the Left Hand at the Proms			9.50 A Voice for the World: Stuart...		10.40 Stuart...
	118 ITV2	‹ 6.25 Film: Godzilla: King of the Monsters				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Rick and Morty		10.00 Film: Salt	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country		10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.20 Game of Thrones				9.00 True Detective			10.10 The Wire
	110 U&GOLD	‹ 6.50 Only Fools and Horses			8.50 Dad's Army		9.30 Neil & Martin's Bon Voyage		10.30 Men Behaving...
	111 U&DAVE		7.05 Border Force: America's...	8.00 Have I Got a Bit More News for You				10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Rocky III		9.10 Film: Rocky III			10.10 Film: Death Race
	112 COMEDY CENTRAL		7.20 Film: Bean			9.00 Film: Kevin & Perry Go Large			10.40 Police...
	139 SKY SCI-FI	7.00 Star Trek: The Next Generation							
	113 SKY MAX	7.00 Agatha Raisin				9.00 S.W.A.T.		10.00 Freddie Fries Again	
	109 U&ALIBI		7.10 Bookish		8.20 Death in Paradise				
	130 SKY ARTS	‹ 6.40 Stories from Tate...		7.40 Hendrix: Band of Gypsys		8.55 Jimi Hendrix at Woodstock			10.15 Classic Albums
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Alaska: Homestead Rescue				10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Nature's Strangest Mysteries: Solved		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Drain the Sunken Pirate City		8.00 Lost Ships of WW2		9.00 JFK: The Lost Bullet		10.00 Mastermind: To Think Like a Killer	
	123 SKY HISTORY	7.00 History's Greatest Mysteries				9.00 Clash of the Gods			
	155 U&YESTERDAY	7.00 Simon Reeve's Return to Cornwall		8.00 Australia with Simon Reeve		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Film: The Beatles: Eight Days a Week – The Touring Years				9.00 Death of a Showjumper			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Gladiator II		8.00 Wicked					10.40 Juror...
	302 2025 RECAP	‹ 5.40 Joker: Folie à Deux		8.00 Twisters				10.05 Speak No Evil	
	303 HITS	‹ 6.00 Mean Girls		8.00 Bob Marley: One Love			9.50 Chicago		
	304 GREATS	‹ 6.20 Champion		8.00 A League of Their Own				10.10 Do the Right Thing	
	305 ANIMATION	‹ 5.40 Kung...	7.20 Hotel Transylvania			8.55 Little Vampire			10.25 Trolls Band...
	306 FAMILY		7.10 The Spiderwick Chronicles			8.55 Breaking Point			
	307 ACTION	‹ 5.25 Superman Returns		8.00 Justice League				10.05 Aquaman	
	308 BUDDY FILMS	‹ 6.10 The Truman Show		8.00 Bowfinger			9.40 48 Hrs		
	309 THRILLER	‹ 6.05 Kindred		8.00 Now You See Me				10.05 Collateral	
	310 DRAMA	‹ 6.15 Aisha		8.00 Ghost					10.15 Girl You Know It's True
	311 SCI-FI	‹ 6.00 The Purge: Election Year		8.00 King Kong					
	313 FILM4	‹ 6.55 Dog				9.00 The Transporter			
SPORT	401 MAIN EVENT	‹ 10.00 The Open...	7.30 World Matchplay Darts – Live: Coverage of the evening session on day two in Blackpool						
	402 PREMIER LEAGUE	7.00 MNF Special: Pep Guardiola			8.30 Transfer 360	9.00 Chasing the Dream		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro		8.00 EFL Greatest Games				10.00 EFL Cup	
	404 CRICKET	7.00 Best of England v India		8.00 Women's International One-Day Cricket				10.00 The Film...	10.30 Best of...
	410 TNT SPORTS 1	‹ 6.30 MLB – Live: Atlanta Braves v New York Yankees (Start-time 6.35)						10.00 MotoGP	
	411 TNT SPORTS 2	‹ 6.30 Ultimate Pool		8.00 Tour de France Men Highlights		9.00 MLB – Live: Los Angeles Dodgers v Milwaukee Brewers (Start-time 9.10)			

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Pilgrimage: The Road Through Portugal** Reality series. (S)(R)(AD)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Points of View** New edition (S)
2.05 FILM **Missing Link** Animation with the voice of Hugh Jackman. (S)(AD) (2019, PG, 85min) ★★★
3.30 **Deadly 60** The pangolin. (S)(R)
4.00 **Fantastic Beasts: A Natural History** Real-life animals. (S)(R)
5.00 FILM **Ant-Man** Adventure starring Paul Rudd and Michael Douglas. A thief uses a suit that gives him the power to shrink to help a scientist recover his stolen invention. (S)(AD) (2015, 12, 110min) ★★★★

7.15 Countryfile

6 PM
6.50 **BBC News** (S)

7 PM
7.05 **Local News** (S)
7.15 **Countryfile** New edition Adam Henson meets three generations of a Somerset farming family. Plus, a look back through the *Countryfile* archives. (S)

8 PM
8.15 **Antiques Roadshow** Fiona Bruce presents the show from Sefton Park in Liverpool, where items include cufflinks made from 2,000-year old coins and a portrait from the English Civil War. (S)(R)

9 PM
9.15 NEW SERIES **The Narrow Road to the Deep North** 1/5. Drama starring Jacob Elordi and Ciarán Hinds. A war hero reflects on his time as a PoW. *See feature, page 8.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Shakespeare in Love** Oscar-winning romantic comedy starring Joseph Fiennes and Gwyneth Paltrow. Struggling playwright William Shakespeare is inspired to write *Romeo and Juliet* by a headstrong young lady who yearns to act. With Geoffrey Rush and Imelda Staunton. (S)(AD) (1998, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.55 AM **A to Z of TV Gardening** (S)(R)
7.40 **Take a Hike** (S)(R)
8.10 **Countryfile** (S)(R)
9.05 **Beechgrove Garden** New edition
9.35 **Weatherman Walking: The Welsh Coast** (S)(R)
10.05 **Saturday Kitchen Best Bites** New edition With Tom Allen. (S)
11.35 **Strawbridge Over the Drawbridge** Culinary series. (S)(R)
12.05 PM FILM **The Hundred-Foot Journey** Comedy drama starring Helen Mirren, Om Puri and Manish Dayal. (S) (2014, PG, 115min) ★★★
2.00 **The Great British Sewing Bee** (R)
3.00 LIVE **All-Ireland Senior Hurling Championship Final** Cork v Tipperary: Coverage of the showpiece match staged at Croke Park. Throw-in is at 3.30. (S)
5.30 **Flog It!** Hereford Cathedral. (S)(R)

12.05 The Hundred-Foot Journey

6 PM
6.00 **The Tea Trail with Simon Reeve** The adventurer examines the tea industry in eastern Africa, meeting some of the millions of people involved in picking, packing and transporting it. (R)

7 PM
7.00 **Top Gear** Jeremy Clarkson, Richard Hammond and James May try to prove that older hot hatches are better than modern-day cars, and Hugh Bonneville drives the Reasonably Priced Car. (R)

8 PM
8.00 **Golf: The Open Highlights** Action from the fourth and final round of the fourth Major of the year at Royal Portrush Golf Club in County Antrim. Xander Schauffele's seven-under-par round of 65 helped him to win his second Major of 2024 at Royal Troon 12 months ago. His American compatriot Billy Horschel and England's Justin Rose shared second place two strokes behind him, with South Africa's Thriston Lawrence one shot further back in fourth. (S)

9 PM

10 PM
10.00 FILM **The Wolf of Wall Street** Martin Scorsese's fact-based drama starring Leonardo DiCaprio and Jonah Hill. A New York stockbroker lives a life of debauchery as he gets rich through illegal trading. With Margot Robbie and Matthew McConaughey. (S)(AD) (2013, 18, 170min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Sign Zone: The Moment of Proof** The leader of an organised drugs gang is identified. (S)(R)(AD)
1.20 **Sign Zone: Not Going Out** 5/6. Lee and Lucy look to a career in the movies when they are extras on the set of a popular TV mini-series. (S14) (S)(R)(AD)
1.50 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **John and Lisa's Weekend Kitchen** Culinary series. (S)(R)
6.55 FILM **Flushed Away** Animated comedy adventure featuring the voice of Hugh Jackman. (S)(AD) (2006, U, 90min) ★★★★
8.25 **Katie Piper's Weekend Escape** New edition With Rob Rinder. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Chat show. (S)(R)
11.30 **Ninja Warrior UK** (S)(R)(AD)
12.30 PM **ITV News; Local News** (S)
12.45 FILM **Mrs Doubtfire** Comedy starring Robin Williams. (S)(AD) (1993, PG, 140min) ★★★★
3.05 FILM **The Spy Who Loved Me** James Bond adventure starring Roger Moore and Barbara Bach. (S)(AD) (1977, PG, 150min) ★★★
5.35 **The Chase Celebrity Special** (R)

12.45 Mrs Doubtfire

6 PM
6.30 **ITV News** (S)
6.45 **Local News** (S)

7 PM
7.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show with Mark Bonnar, Alexandra Burke and Claire Sweeney trying to guess the familiar phrases. (S)(R)(AD)

8 PM
8.00 NEW SERIES **Karen Pirie** 1/3. Return of the crime drama starring Lauren Lyle and Chris Jenks. When a man's body is discovered in a quarry with a piece of evidence connected to a 40-year-old kidnapping case, DI Karen Pirie is tasked with reopening the case with the first new lead in decades. *See feature, page 11.* (S2) (S)(AD)
■ Entire series on ITVX

9 PM

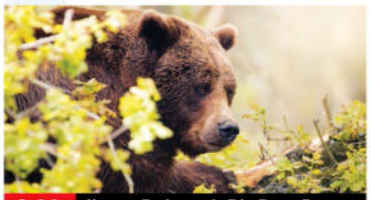
10 PM
10.00 **ITV News** (S)
10.20 NEW **Breaking the Silence: Kate's Story** Former Conservative MP Kate Kniveton meets high-achieving professional women who tell their stories of secretly suffering abuse behind closed doors – and who felt there was no way they could escape the relationship. (S)
11.45 **The Assembly** 4/5. S)(R)
12.15 AM **Teleshopping**
3.00 **Motorsport UK** Highlights from Snetterton. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **Cheers** 5-8/25. (S3) (S)(R)
8.00 **The Simpsons** (S)(R)(AD)
8.55 **Bake Off: The Professionals** The teams create extraterrestrial-themed showpieces. (S)(R)(AD)
10.00 **Sunday Brunch** New edition Guests include Rachel Riley, Geoff Norcott, Ashley Roberts, Harriet Webb and Jim Sturgess. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
3.25 **Grand Designs** Kevin McCloud looks back at the very first edition of the show. (S)(R)(AD)
4.25 **All Aboard! Scotland's Poshest Train** Alan is given a tour of the *Royal Scotsman*'s plush cabins, and takes a guided visit to Culloden, immersing himself in the battle that had a profound impact on Scottish history. (S)(R)(AD)
5.30 **News** (S)


8.00 Jimmy Doherty's Big Bear Rescue

6 PM
6.00 FILM **Fisherman's Friends: One and All** Comedy sequel starring James Purefoy, Sam Swainsbury and Dave Johns. Following the success of their first album, the group struggle to adjust to their new-found fame and work towards a second album. (S)(AD) (2022, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM

8 PM
8.00 **Jimmy Doherty's Big Bear Rescue** New edition As Diego needs the company of other bears, Jimmy and Stevie bring in Brunhilda from Romania, but the two bears argue. (S)(AD)

9 PM
9.00 NEW SERIES **The Veil** 1/6. Thriller starring Elisabeth Moss and Yumna Marwan. Two women play a deadly game of truth and lies. *Previously on Disney+.* (S1) (S)(AD)
■ Entire series on C4 Streaming

10 PM
10.00 **24 Hours in Police Custody: The Murder Messages** A rookie detective is faced with a challenge in the case of a couple whose lives were shattered by anonymous online attacks. (S)(R)(AD)
11.05 **Super Surgeons: A Chance at Life** Documentary. (S)(R)(AD)
12.05 AM FILM **The Vanishing** Thriller starring Gerard Butler and Emma King. (S) (2018, 15, 105min) ★★★
1.50 **Ramsay's Hotel Hell** From Connecticut. (S)(SL)(R)(AD)
2.35 **The Simpsons** (S)(R)(AD)
4.40 **Kirstie's Fill Your House for Free**
4.55 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)
9.05 **Entertainment News** (S)
9.15 **Cruising with Jane McDonald**
12.05 PM **A Winter Cruise with Jane McDonald** The Rhine. (S)(R)
1.00 **Menorca: A Year in the Sun** Focusing on Mahon. (S)(R)
2.00 Seafood, art and architectural restorations. (S)(R)
2.55 **Dorset: Country and Coast** A 200-million-year-old fossil is found lying on a beach. (S)(R)
3.55 Mark Anderson puts the finishing touches to his latest sculpture in Weymouth. (S)(R)
4.55 **The Terracotta Army with Dan Snow** The historian investigates one of the great archaeological treasures ever discovered in China. (S)(R)

8.00 22 Kids & Counting

6.20 **News** (S)
6.30 **Heatwave: Survivng the Summer of '03** A look at the period of extreme heat that hit the UK in 2003, with more than 2000 heat-related deaths as fires raged, roads melted, rail tracks warped and crops suffered. (S)(R)

8.00 NEW **22 Kids & Counting: Noel's Long-Lost Mum** Sue Radford hires an adoption specialist to help Noel find his birth mother, but it comes with surprising consequences. (S)

9.00 NEW **Octomum: World's Most-Hated Woman?** The story of Nadya Suleman, the first woman to give birth to surviving octuplets, told by her biggest supporters and her fiercest critics. (S)

10.30 NEW SERIES **Confessions of Octomom** 1/6. Natalie Suleman shares the story of her life as a mother of 14, following her octuplets' journey in and out of the spotlight. (S)

11.25 **A Killer Makes a Call** A look at the investigation into the murder of pilot Robert Brown's ex-wife Joanna. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** 11 & 12/24. (S8) (S)(R)
3.45 **The World's Most Expensive Hotels** From Claridge's. (S)(R)
4.35 **Me & My 10 Kids** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S7&8) (S)(R)
12.00 NOON **The United Way** (S)(R)
1.45 PM **Rob & Romesh vs Restaurants – First Course** (R)
2.45 **Rob & Romesh vs Restaurants – Second Course** The duo open a curry house. (S)(R)(AD)
3.45 **The Simpsons** *The Two Mrs Nahasapeemapetilons.* (S)(R)
4.15 *Lisa the Skeptic.* (S)(R)
4.45 *Realty Bites.* (S)(R)
5.15 *All Singing, All Dancing.* (R)
5.45 *Bart Carny:* A carnival worker moves in. (S)(R)

10.00 Ricky Gervais: Fame

6.15 **The Simpsons** *The Joy of Sect:* The family are recruited and brainwashed by a religious cult (S)(R)
6.45 FILM **Stargate** Sci-fi adventure starring Kurt Russell and James Spader. Egyptologist Dr Daniel Jackson deciphers the hieroglyphs on an ancient device, which proves to be a teleportation gate leading to a desert world in another part of the universe. (S) (1994, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 NEW SERIES **S.W.A.T.** *Vanished:* 1/22. The action drama returns for an eighth and final series. Hicks questions a new recruit's criminal family ties. *See feature, page 7.* (S8)

10.00 **Ricky Gervais: Fame** Highlights of the comedian's stand-up show, which sees him tackle the world of fame and blur the line between the acceptable and the outrageous. (S)(R)

11.30 **The Walking Dead: Dead City** 2/8. Maggie begins a trek to New York. (S2) (S)(R)(AD)
12.25 AM **And Just Like That...** (R)
1.10 **Brassic** 8/8. (S4) (S)(R)(AD)
2.00 **The Gilded Age** New episode 5/8. Gladys has trouble adjusting to her new circumstances. (S3)
3.05 **Road Wars** (R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
12.00noon Bargain Hunt (S)(R) **12.30-1.00pm** Our Lives: Our Tenby Island (S)(R) **3.30** FILM Ant-Man (S)(AD) (2015, 12, 110min) ★★★★ **5.20** Our Lives: The World's Oldest Railway New edition (S) **5.50** Best of Weatherman Walking (S)(R) **6.20-6.50pm** SOS: Extreme Rescues (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Camán na mBan (S)(R) **11.00pm-1.50am** FILM The Wolf of Wall Street (S)(AD) (2013, 18, 170min) ★★★★

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Y 'Sgubor Flodau **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Dan Do **11.45** Llangollen **1.00pm** Cyfres Triathlon Cymru **2.00** LIVE Seiclo: Tour de France **4.25** 24 Awr Newidiodd Gymru New edition **4.35** Darn Bach o Hanes (AD) **5.15** Taith y Llewod **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Hafiach (AD) **8.00** Ras Yr Wyddfa New edition **9.00** NEW SERIES Y Sioe **10.00** Seiclo: Tour de France **10.30-11.35pm** Radio Fa'ma (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM FILM **Bill** Historical comedy starring Mathew Baynton and Helen McCrory. (2015, PG, 92min) ★★★
8.30 **Dubai Hustle** Part two of two. Ben's deal hangs in the balance, threatening his promotion to senior broker.
9.00 **The Kim Kardashian Diamond Heist** The inside story of the 2016 robbery.
9.45 **Paranormal: Britain's Last Witch** 1/4. Recounting the story of Scottish medium Helen Duncan.
10.15 2/4. Sian Eleri hears a purported recording of a Helen Duncan séance.
10.45 **Such Brave Girls** 1/6. Josie finds love at art school. (S2)
11.15 **Such Brave Girls** 2/6. Deb decides to take a gamble on an old flame.
11.45 3/6. Recent news spoils Mother's Day. (S2)
12.15 AM **Such Brave Girls** (S2)
1.40 AM **Paddy & Molly: Show No Mersey**
2.40 **Quiet Life** Short comedy.
2.50 **to 3.50** AM **Paranormal**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.35 PM **Come Dine with Me** This week's dinner party competition is in Cardiff.
4.05 A cruise-themed menu is served up.
4.40 A spiritual vegan hosts a spooky dinner party.
5.10 An IT consultant offers a vegan dining experience.
5.40 A menu comprising locally sourced ingredients.
6.15 **Four in a Bed** The Grange Boutique Hotel in Cumbria.
6.50 **Four in a Bed** At Rutland Luxury Lodges in Greetham.
7.20 **Four in a Bed** The B&Bers visit the Leicester Arms.
7.55 From Oakover Guesthouse, Somerset.
8.25 The B&B owners meet for the last time.
9.00 **999: On the Front Line** New edition A man's tongue swells, and a postal worker who walks 15 miles a day is on the floor unable to move with painful spasms.
10.00 **24 Hours in A&E** A 70-year-old man is rushed in after he is found struggling to breathe, and his daughter shares the story of his long battle with alcoholism.
11.05 **Rescue: Extreme Medics** A 67-year-old man sustains a life-threatening head injury.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Britain's Most Fragile Treasure** Exploring the history of York Minster's Great East Window.
8.00 NEW **Ravel's Piano Concerto for the Left Hand at the Proms** A concert by the Bournemouth Symphony Orchestra and soloist Nicholas McCarthy from the Royal Albert Hall.
9.50 **A Voice for the World: Stuart Burrows** A profile of Welsh tenor Stuart Burrows. First aired in 1977.
10.40 **Stuart Burrows Sings** With Karita Mattila, Aled Jones, the Pendyrus Male Choir and Beverley Humphreys.
11.40 **A Concerto for Evelyn** James MacMillan's concerto *Veni, Veni, Emmanuel.*
12.15 AM **Evelyn Glennie: This Cultural Life**
12.45 **Maurice Ravel**
1.55 **Britain's Most Fragile Treasure** As 7.00pm.
2.55 **to 3.45** AM **A Voice for the World: Stuart Burrows**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Rude(ish) Tube Shorts**
7.25 **Ramsay's Kitchen Nightmares USA**
10.30 FILM **Babe: Pig in the City** Comedy drama sequel. (1998, U, 96min) ★★★★
12.30 PM **The Big Bang Theory**
2.30 FILM **A Knight's Tale** Medieval romantic comedy. (2001, PG, 132min) ★★★
5.00 NEW SERIES **Lego Masters Australia** A creation that looks cool smashing through an ice field.
6.35 **The Simpsons** *Homer and Marge Turn a Couple Play.*
7.00 *The Homer They Fall.*
7.30 *Singin' in the Lane.*
8.00 *Wad Goals.*
8.30 *Burns and the Bees.*
9.00 **Rick and Morty** New episode 8/10. Jerry makes a friend who is just as unemployed as he is.
9.30 7/10. The duo write a Hollywood film script. (S8)
10.00 FILM **Salt** Action thriller starring Angelina Jolie. A CIA agent goes on the run after a Russian defector convinces her superiors that she's a double agent. (2010, 12, 99min) ★★★
12.00 M'T **Gogglebox**
2.10 AM **Naked Attraction's Best Naughty Bits**
3.05 **Gogglebox**
4.00 **Modern Family**
4.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

primetime

primetime

Sunday

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
6.30 **Send in the Dogs**
7.30 **Caught Red Handed** Six editions, including at: **9.45** A thieving employee is caught in the act. **10.30** Grab-and-dash thieves target a department store. **11.15** Police put out a decoy car to catch thieves in the act.
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare** Ten editions of the documentary.

10.00 The Rookie

7 PM
7.00 Nothing to Declare A man arrives to spend time with an internet lover. **7.30** Officers search for undeclared tobacco.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Fire Country *I Know It Feels Impossible:* 22/22. A mudslide tears through the town and Bode has his parole hearing. (S1)

10 PM
10.00 The Rookie *The Mickey:* 7/18. Bailey makes a friend and Lucy must place her faith in Seth for an assignment. (S7)
11.00 **FBI: International** 8/13. (S3)
12.00 M'T **FBI: International** (S3)
1.00 AM **FBI** 10/22. (S5)
2.00 **Elsbeth** New episode 11/20. Sparks fly between Elsbeth and a Scottish musician. (S2)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
9.00 **Six Feet Under** 1-4/13. (S1)
1.25 PM **Game of Thrones** 5/7. Daenerys makes an offer to the Lords of Westeros. **2.35** 6/7. Jon and his men capture a white walker. **3.55** 7/7. Everyone meets in King's Landing to discuss the fate of the realm. (S7) **5.20** 1/6. The Stark children are finally reunited in Winterfell. **6.20** 2/6. Daenerys learns the truth about her relationship with Jon. (S8)

9.00 True Detective

7.25 Game of Thrones *The Long Night:* 3/6. The Night King and the army of the dead reach Winterfell, and an epic battle between the living and the dead begins. Stars Emilia Clarke. (S8)

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9.00 True Detective *Night Finds You:* 2/8. Caspere's autopsy reveals the gruesome details of his demise. (S2)

10.10 The Wire *Late Editions:* 9/10. Freamon tracks Chris to a drug resupply and a reporter writes a profile of Bubbles. (S5)
11.25 **Succession** 2&3/10. (S2)
2.05 AM **The Gilded Age** New episode 5/8. Gladys has trouble adjusting to her new circumstances and Larry runs into a familiar face. (S3)
3.10 **The Leftovers** 4/10. (S2)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8&9)
10.00 **NCIS: Los Angeles** (S13)
1.00 PM **NCIS: Los Angeles** (S13)
3.00 **Grimm** 17/22. The severed head of a young man is discovered under a bridge. **4.00** 18/22. A man is found dead with all of his bones liquefied and removed. **5.00** 19/22. A surprising altercation threatens to land Sgt Wu in hot water. **6.00** 20/22. Nick worries he may lose everything as he battles Black Claw. (S5)

9.00 S.W.A.T.

7.00 Agatha Raisin *As the Pig Turns:* 4/4. To take her mind off her breakup, Agatha and the gang visit a fayre, but it is not long before the event becomes a crime scene to be investigated. (S3)

9.00 NEW SERIES S.W.A.T. *Vanished:* 1/22. The team search for missing students and a bus driver. *See feature, page 7.* (S8)

10.00 Freddie Fries Again 5/6. Andrew Flintoff and Rob Penn head to south Wales, where they join in with a choir in Blaengarw.
11.00 **The Walking Dead: Dead City** 2/8. Maggie begins a trek to New York. (S2)
12.00 M'T **The Force: North East**
1.00 AM **Brassic** The MacDonagh family are on the warpath. (S4)
2.00 **Mr Bigstuff** 5&6/6. (S1)
3.00 **Road Wars** Vehicle crime.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Next Level Chef USA**
10.40 **Deal or No Deal**
12.40 PM **99 to Beat**
1.40 **Celebrity Catchphrase**
2.45 **FILM Spy Kids 3: Game Over** Sci-fi comedy adventure sequel starring Daryl Sabara. (2003, U, 90min) ★★★
4.30 **FILM Bruce Almighty** Comedy starring Jim Carrey, Morgan Freeman, Jennifer Aniston and Steve Carell. (2003, 12, 96min) ★★★

4.30 Bruce Almighty

6.25 FILM Godzilla: King of the Monsters Fantasy adventure sequel starring Vera Farmiga and Kyle Chandler. The Monarch agency face off against an army of creatures. With Millie Bobby Brown. (2019, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island New edition Relationship-based reality show in which singletons seeking romance compete to win a £50,000 prize.

10.00 Love Island: Aftersun New edition Companion programme to the dating show, featuring the latest gossip from the villa.
11.05 **Family Guy** 21/21. Angry baby Stewie goes back in time. **11.35** 16/21. Brian passes on herpes to Stewie. (S12)
12.05 AM **American Dad!** (S11)
1.05 **Iain Stirling's CelebAbility**
1.50 **Buffering** 1&2/6. (S1)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Lewis** *Generation of Vipers.*
8.05 **FILM Carry On Matron** Comedy starring Sid James. (1972, PG, 90min) ★★
10.05 **Agatha Christie's Poirot**
11.55 **Foyle's War** *White Feather.*
2.00 PM **Midsomer Murders** *Who Killed Cock Robin?* Barnaby encounters an adversary. Guest stars Larry Lamb. **4.00** *Market for Murder:* A prominent villager is battered to death with a walking stick. **6.00** *A Worm in the Bud:* A land feud leads to murder.

11.50 Nolly

Midsomer Murders (started at 6.00pm)

8.00 Doc Martin *It's Good to Talk:* 3/8. The irascible medic moves out of the surgery, and PC Penhale helps Janice babysit.

9.00 Doc Martin *Education, Education, Education:* 4/8. Louisa and Martin have their first therapy session together. (S7)

10.00 Vera *A Certain Samaritan:* The detective investigates the ugly truth about a murder victim's past. Guest stars Judy Parfitt.
11.50 **Nolly** 3/3. Noele returns to the stage in one of theatre's hardest roles. (S1)
12.50 AM **Dame Maggie Smith – A Celebration** The life story of the enigmatic actor.
1.50 **George and Mildred** (S2)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Dominic Chinea and Mark Stuckey restore a big red bus.
8.00 **Paramedics on Scene** A patient with a heart condition faces a long wait to be admitted to Kirkcaldy hospital.
9.00 **Storyville: Dogs of War** The story of Dave Tomkin's rise to power within the criminal world.
10.30 **Still Game** 6/9. Navid's brother dies, so Jack and Victor are left minding the shop. (S2)
11.00 **Scot Squad** 4/5. PC Charlie McIntosh and PC Jane Mackay work undercover to trace some merchandise. (S3)
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat** Highlights of the comedy sketch show.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S5)
10.15 **Dice** (S1&2)
12.55 PM **Flight of the Conchords** 6-10/12. (S1)
3.35 **Silicon Valley** (S3&4)
6.30 **The Office (US)** Six episodes, including at: **7.20** 26/26. The search committee tirelessly continues its search for the next boss. (S7) **7.45** 1/24. Scranton gets a new regional manager. **8.10** 2/24. Andy decides to create an incentive programme. **8.35** 3/24. The warehouse crew quit after winning the lotto jackpot. (S8)
9.00 **Veep** 5&6/10. (S2)
10.15 **Ricky Gervais: Fame**
11.45 **Entourage** 5&6/8. (S1)
12.45 AM **And Just Like That...** 8/12. (S3)
1.45 **Sex and the City** (S6)
3.10 **Somebody Somewhere**
3.50 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **A Midsummer Night's Dream**
8.10 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Comedy Legends**
2.00 **Cirque du Soleil: Volta**
4.10 **Opry Live**
5.10 **André Rieu: Live in Malta** From Floriana.
6.40 **Tate Britain**
7.40 **Hendrix: Band of Gypsys** A 1970 concert in New York City.
8.55 **Jimi Hendrix at Woodstock** Highlights from the guitarist's set at the 1969 festival.
10.15 **Classic Albums**
11.15 **Motorhead at Wacken Open Air 2011**
12.30 AM **AC/DC Live at River Plate** From 2009.
2.55 **Classic Albums**
4.00 **The Great Songwriters**
5.00 **Discovering: The Beach Boys**
5.30 **to 6.00** AM **Discovering: The Monkees**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Silly Pets**
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Caught on Dashcam**
10.00 **Star Trek: The Next Generation** (S1)
3.00 PM **Nothing to Declare**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** *Simone:* 19/22. Nolan joins forces with the FBI to find a suspected terrorist. **9.00** *Enervo:* 20/22. The team join forces with the FBI. (S4)
10.00 **NCIS: Los Angeles** *Blood Bank:* 9/21. A rare artifact is stolen. **11.00** *Long Time Coming:* 10/21. Rountree and Fatima search for Kilbride. (S14)
12.00 M'T **Caught on Dashcam**
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, as a contestant takes on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show hosted by Ben Shephard, in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Highway to Heaven**
12.00 NOON **Murder, She Wrote** Five episodes of the drama, including at: **3.00** PM *Trial by Error:* Jessica is called for jury duty in a murder trial. **4.00** *Murder in the Afternoon:* Jessica becomes embroiled in a case in New York.
5.00 **FILM Star Trek III – The Search for Spock** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1984, PG, 105min) ★★
7.15 **FILM Star Trek IV: The Voyage Home** Sci-fi adventure. (1986, PG, 119min) ★★★★
9.45 **The New Avengers** (S1)
12.45 AM **Randall and Hopkirk (Deceased)**
3.00 **Hart to Hart** 19/24. (S3)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

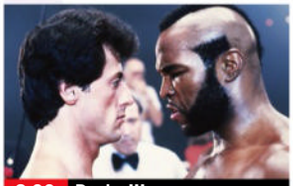
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Derby Through the Years**
6.20 **The Protectors**
6.50 **Motorsport Mundial**
7.20 **Auto Mundial**
7.50 **Motorsport UK**
8.50 **Minder**
9.50 **Hornblower**
12.00 NOON **Tour de France Highlights** The 14th stage.
1.00 PM **Made in Britain**
1.30 **LIVE Tour de France** Coverage of the 15th stage.
4.50 **Football League Legends**
5.00 **Junk and Disorderly**


8.00 Rocky III

7.00 **Tour de France Highlights** Action from stage 15, which consisted of a 169.3km route from Muret to Carcassonne.

8.00 **FILM Rocky III** Drama sequel starring Sylvester Stallone. Rocky Balboa is enjoying his life as world heavyweight champion until a brutal contender demands a shot at the title. With Talia Shire. (1982, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **FILM Death Race** Thriller starring Jason Statham. An innocent ex-racing driver is incarcerated and forced to compete in a deadly Death Race. (2008, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **The Professionals**
1.05 **BattleBots**
2.05 **Minder**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Supervolcano** Sci-fi thriller with William Baldwin. (2021, PG, 90min) ★★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 8/20. Sheppard starts slowly turning into a Wraith. **5.00** 9/20. The crew find an ancient race of people. (S2)
6.00 **Star Trek: The Next Generation** 8/26. Picard and Dr Crusher become telepathically linked. (S7)

11.00 Supervolcano

7.00 **Star Trek: The Next Generation** *Force of Nature:* 9/26. Intergalactic environmentalists resort to desperate measures.

8.00 **Star Trek: The Next Generation** *Inheritance:* 10/26. Data encounters a woman claiming to be his mother during a mission.

9.00 **Star Trek: The Next Generation** *Parallels:* 11/26. Worf returns from a competition to find that reality is changing.

10.00 **Star Trek: The Next Generation** *The Pegasus:* 12/26. Riker's former commander orders him to keep a secret. (S7)

11.00 **From the Earth to the Moon** 9/12. Alan Shepard gets another chance with Apollo 14. **12.00** M'T 10/12. The lunar geologists compete for astronautical ranking. **1.00** AM 11/12. The astronauts' wives band together. (S1)
2.00 **From the Earth to the Moon**
3.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown** Four episodes, including at: **3.00** PM *The Kembleford Dragon:* The local stationmaster is murdered.
4.00 **Sherlock** *The Final Problem:* 3/3. Long-buried secrets catch up with detective duo Sherlock and Watson. (S4)
6.00 **Bookish** 1/6. Detective drama starring Mark Gatiss as a bookseller who helps police solve the strangest of crimes.

4.00 Sherlock

7.10 **Bookish** *Slightly Foxed – Part 2:* 2/6. Bliss and Book's investigation into Harkup's death continues as Book discovers some evidence in the case of the bombsite skeletons. (S1)
8.20 **Death in Paradise** *The Healer:* 4/8. A blind woman dies live on stage while being treated by a faith healer – and it turns out she was poisoned. **9.40** *Murder on the Day of the Dead:* 5/8. A man receives a voicemail from his wife saying that she is being attacked – and when her body turns up, a butterfly on her clothing raises suspicions. (S7)

11.00 **Shakespeare & Hathaway: Private Investigators** (S3)
1.00 AM **Pretty Hard Cases** 11/12. Sam and Kelly's mission to find the corrupt cop becomes personal. (S2)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Only Fools and Horses**
1.30 PM **Only Fools and Horses** Nine episodes, including at: **4.50** The Trotters meet a pregnant German woman who is in need of help. **5.30** A weeping statue in the local church gives Del an idea for a miraculous money-making scheme. **6.10** The Trotters are caught up in an attempted robbery. **6.50** Tempers flare between the Trotter brothers as they fall for the same woman.

9.30 Neil & Martin's Bon Voyage

7.30 **Only Fools and Horses** Rodney and Mickey Pearce are commissioned to make a community film.

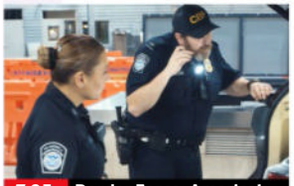
8.10 **Only Fools and Horses** A millionaire offers Del a partnership.
8.50 **Dad's Army** Captain Mainwaring puts Frazer in charge of the platoon.
9.30 **Neil & Martin's Bon Voyage** The boys head out to fish for their supper off the coast of Biarritz, and travel to the peaks of the Pyrenees.
10.30 **Men Behaving Badly** Gary ponders fatherhood when Dorothy tells him she wants to start a family.
11.10 **Men Behaving Badly** A jealous Gary suspects Dorothy is having an affair. **11.50** Gary attempts to ruin Dorothy's new relationship. **12.30** AM Gary's father visits.
1.10 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Travel Man: 48 Hours in Krakow** With Joe Wilkinson.
7.35 **Travel Man: 48 Hours in Bergen** With Lou Sanders.
8.00 **Robson Green's Weekend Escapes** With Si King.
8.35 **Guy's Road to Chernobyl**
9.35 **Guy Martin's Spitfire**
11.05 **Top Gear** Double bill.
1.05 PM **Celebrity Storage Hunters** Double bill.
3.05 **Hairy Bikers' Best of British**
5.05 **The Lakes with Simon Reeve**
6.05 **Guy's Road to Chernobyl**


7.05 Border Force: America's...

7.05 **Border Force: America's Gatekeepers** Series finale Officers in Laredo intercept a truck smuggling narcotics.

8.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guests Zoe Lyons and Fintan O'Toole.

9.00 **Have I Got a Bit More News for You** Kevin Bridges guest hosts the satirical quiz, with Helen Lewis and Chloe Petts.

10.00 **QI** With Sean Lock, Rich Hall and Bill Bailey.
10.40 **Mock the Week** With Gary Delaney, Rob Beckett and Josh Widdicombe.
11.20 **Mock the Week** With Seann Walsh, Milton Jones, Miles Jupp and Josh Widdicombe.
12.00 M'T **Live at the Apollo** With Michelle De Swarte.
1.00 AM **Schitt's Creek** (S3)
3.00 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **George Clarke's Amazing Spaces**
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun** Four editions, including at: **7.00** A couple seek a holiday home on the Greek island of Zante.
8.00 **Supercruising: Life at Sea** The team sailing the Americas has to make a tricky manoeuvre.
9.00 **Gogglebox** Reactions to shows including *The Chase Celebrity Special.*
10.00 **Celebrity Gogglebox**
11.00 **FILM Inglourious Basterds** Quentin Tarantino's darkly comic World War Two action thriller. (2009, 18, 153min) ★★★★
2.05 AM **FILM Free Fire** Crime drama. (2016, 15, 91min) ★★★★
3.55 **to 5.00** AM **First Dates**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Blue Bloods** (S6)
1.00 PM **NCIS** 17–20/24. (S15)
5.00 **NCIS** 21/24. Sara Carter begs Gibbs to investigate her mother's murder. **6.00** *Two Steps Back:* 22/24. Evidence reveals an NCIS team member is a hitman's latest target. **7.00** *Fallout:* 23/24. Gibbs attends the memorial service for a friend lost at sea. **8.00** *Date with Destiny:* 24/24. Sloane believes she has seen the man who tortured her. (S15)
9.00 **NCIS: Hawaii** *Family Ties:* 16/22. Navy residents discover their vehicles were broken into overnight. (S2)
10.00 **Law & Order: Special Victims Unit** (S15)
12.00 M'T **The Resident** (S1)
1.55 AM **Law & Order** (S5)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Liam and police dog Titan take part in a full-scale manhunt. **6.00** A 999 call leads to a drugs bust for Liam. **7.00** A 20-strong team raid two houses linked to a suspected drug dealer. **8.00** Lee is confronted by a mouthy motorist.
9.00 **999: Emergency Call Out** Lisa and Jack respond after a former colleague is bitten by out-of-control dogs.
10.00 **Surgeons: A Matter of Life or Death** A man who is suffering from testicular cancer.
11.00 **Skin A&E** Documentary.
12.00 M'T **Banged Up Abroad**
2.00 AM **Prodigal Son** (S2)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Highway Patrol**
9.25 **Red Bull Soapbox Race**
10.25 **Ice Road Truckers**
12.25 PM **Outback Truckers**
2.25 **Trucking Hell**
3.25 **FILM Gunsmoke!** Western drama. (1953, U, 90min) ★★
5.05 **FILM The Hired Hand** Western drama. (1971, 12, 93min) ★★★
6.55 **FILM Gunfight at Comanche Creek** Drama starring Audie Murphy. (1963, U, 90min) ★
9.00 **FILM Fast & Furious Presents Hobbs & Shaw** Adventure starring Dwayne Johnson and Jason Statham. (2019, 12, 137min) ★★★
11.40 **When Buildings Collapse: World's Worst Engineering Disasters** Double bill.
2.00 AM **Police Interceptors**
3.00 **Deadliest Weather: Caught on Camera**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **My Family**
3.00 PM **Outnumbered** Six episodes, including at: **6.15** Pete worries he might be out of a job.
7.00 **Inside the Ambulance** An eight-year-old boy raises the alarm after his mother collapses. **8.00** A toddler suffering convulsions gets help.
9.00 **Inside the Operating Theatre** A woman has an operation to repair the hernia she suffered while giving birth. **10.00** A woman has her wisdom teeth removed.
11.00 **Louis Theroux Interviews... Katherine Ryan**
12.00 M'T **Louis Theroux Interviews... Rita Ora**
1.00 AM **Aaron Hernandez Uncovered**
1.45 **to 3.00** AM **My Kitchen Rules: Australia**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **Death Comes to Pemberley** 2/3. (S1)
8.25 **The Bill**
1.25 PM **The Marlow Murder Club**
3.25 **Catherine Cookson's The Secret**
6.40 **Upstairs Downstairs**
8.00 **Sister Boniface Mysteries** *Scoop:* 5/10. A government secretary is discovered dead. (S1)
9.00 **Silent Witness** *Run:* Leo suspects a victim was a police informant.
11.15 **The Chelsea Detective** *Golden Years – Part 1:* 3/9. A resident at a luxury retirement home dies in her room. **12.15** AM *Golden Years – Part 2:* 4/9. Jess goes undercover on a date with Freddie. (S2)
1.15 **Hamish Macbeth**
2.15 **Outrageous**
3.05 **to 4.00** AM **Birds of a Feather**

+1 hr 243 316 60 260

SUNDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
5.00 **A Place in the Sun: Home or Away**
7.00 **Long Lost Family** A footballer searching for his birth mother and a woman who is wanting to share memories with her biological mother. **8.00** A woman looks for her birth family, while another tries to fulfil her mother's dying wish.
9.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Quiz.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
4.00 **Tenable** Double bill.
6.00 **The Chase Celebrity Special** Shaun Ryder, Sarah Willingham, Michelle Dewberry and Eddie Edwards try to win a cash prize for charity.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Angellica Bell, Oritse Williams, Leslie Ash and Ian Lavender take on the Chaser to win a charity cash prize.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **Battle of Kursk**
9.25 FILM **A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG) ★★★
12.00 NOON FILM **The Ox-Bow Incident** Western. (1943, b/w, PG, 75min) ★★★★★
1.45 PM FILM **Sabata** Western. (1969, 12) ★★
4.05 FILM **Return of Sabata** Western. (1971, 15) ★
6.25 FILM **Gunfight at the OK Corral** Western. (1956, PG) ★★★★
9.00 FILM **The Tin Star** Western starring Henry Fonda. (1957, b/w, U, 93min) ★★★★
11.05 FILM **Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
1.25 AM FILM **Jetstream** Disaster movie. (2012, 12, 88min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

6.00 AM **Highlights**
9.00 **Air Rescue**
9.30 FILM **Fatal Flatline** Drama. (2020, PG) ★★
11.25 FILM **Garage Sale Mysteries: Guilty Until Proven Innocent** Thriller. (2016, PG, 85min) ★★
1.20 PM FILM **Garage Sale Mysteries: The Novel Murders** (2016, PG) ★★
3.15 FILM **Martha's Vineyard Mystery: Ships in the Night** (2021, PG) ★★
5.10 FILM **Martha's Vineyard Mystery: Poisoned in Paradise** (2021, PG) ★★
7.05 FILM **Emma Fielding: Past Malice** (2018) ★★
9.00 FILM **Garage Sale Mysteries: Murder Most Medieval** (2017, PG) ★★
10.55 FILM **Aurora Teagarden: Dead Over Heels** Mystery. (2016, PG) ★★
1.00 AM FILM **Text to Kill** Drama. (2015, 12) ★★
3.00 **to 6.00** AM **Highlights**

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM FILM **Sweet As Maple Syrup** Comedy. (2021, PG, 90min) ★★
10.05 FILM **Baked with a Kiss** Romantic comedy. (2022, PG, 85min) ★★
12.00 NOON FILM **The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
1.55 PM FILM **Diagnosis Delicious** Drama. (2016, PG, 90min) ★★
4.00 FILM **Baking Up Love** Romantic drama. (2021, PG, 95min) ★★
6.05 FILM **Truly, Madly, Sweetly** Drama. (2018, PG, 82min) ★★
8.00 FILM **Season for Love** Drama. (2018, PG) ★★
9.55 FILM **Love on the Menu** Romantic drama. (2019, PG, 90min) ★★
11.50 FILM **Pumpkin Pie Wars** Comedy. (2016, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Diagnosis Delicious**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.30 **The Monkees** (S1)
9.00 **A Sharp Intake of Breath** 2&3/6. (S4)
10.00 **Thick as Thieves**
11.30 **Carry On Laughing**
12.30 PM **That's My Dog**
1.00 **The Last Days of Pompeii** 2/3. (S1)
2.45 **Auto Rewind**
3.00 **In Loving Memory** (S1)
3.30 **Secrets of the Coast**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Walking Westward**
5.30 **Jokers Wild**
6.30 **The Loss of the S. S. Schiller** Documentary.
7.00 **Police Woman** (S1)
8.00 **Blue Thunder** (S1)
9.00 **The Fantastic Journey**
10.00 **Game On** 4–6/6. (S2)
11.45 **Dark Skies** 3&4/20. (S1)
1.45 **The Last Days of...**
3.30 **In Loving Memory** (S1)
4.00 **Stereo Underground**
5.00 **to 6.00** AM **The Fantastic Journey**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Bad Chad Customs**
7.00 **Expedition Bigfoot** The team continue their search for Bigfoot. **8.00** Bryce tries to elicit an encounter with the mysterious creature.
9.00 **Legendary Locations** Josh explores locations where people connect with spirits **9.30** Legendary locations where stone labyrinths hide something incredible. **10.00** Exploring other great walls in India, England and Taiwan. **10.30** Exploring places where unusual heroes rule the day.
11.00 **Expedition X** Triple bill.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Great British Bake Off** Four editions of the contest, including at: **6.00** The remaining bakers show what they can do with caramel. **7.30** The remaining bakers explore alternative ingredients.
9.00 **Tom Kerridge's Best Ever Dishes** The chef improves on dishes he loved in childhood. **9.30** The chef demonstrates how to liven up lunches.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Magma: Volcanic Disaster** Action disaster movie. (2006, PG, 87min) ★★
9.00 **The Fall Guy** (S2)
2.00 PM FILM **The 39 Steps** Alfred Hitchcock thriller. (1959, U, 93min) ★★★
3.55 FILM **Rear Window** Psychological thriller. (1998, PG, 86min) ★★
5.40 FILM **Capricorn One** Adventure. (1978, PG, 128min) ★★★★
8.00 **The Twilight Zone** (S1)
9.00 FILM **Impostor** Sci-fi thriller with Gary Sinise and Madeleine Stowe. (2002, 15, 96min) ★★
10.55 FILM **Pandorum** Sci-fi horror starring Dennis Quaid. (2009, 15, 108min) ★★★
1.00 AM FILM **Last Passenger** Thriller. (2011, 15, 95min) ★★★
2.55 **to 4.50** AM FILM **The House of the Devil** Horror. (2009, 18) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM FILM **Monster Island** Sci-fi thriller. (2019, PG, 90min) ★★
8.00 FILM **The Philadelphia Experiment** Thriller. (2012, 15, 89min) ★★
10.00 FILM **Slipstream** Thriller. (1989, PG, 101min) ★
12.00 NOON FILM **Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
2.00 PM FILM **Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
4.00 **The A-Team** (S3)
9.00 FILM **The Legend of the 7 Golden Vampires** Horror with Peter Cushing and David Chiang. (1974, 15, 89min) ★★
10.50 FILM **The Satanic Rites of Dracula** Horror. (1973, 18, 88min) ★★
12.50 **to 3.00** AM FILM **Revenge** Thriller. (2017, 18, 108min) ★★★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **UFO Hunters**
12.00 NOON **Evidence of the Unexplained**
1.00 PM **The UnXplained with William Shatner**
2.00 **The Proof Is Out There**
4.30 **World's Most Unexplained...**
7.00 **Cities of the Underworld**
8.00 **Curse of Skinwalker Ranch** Double bill.
9.00 **Forbidden History** How the Nazis indoctrinated the German people.
10.00 **Royal Autopsy** The life of Queen Anne.
11.00 **Royal Murder Mysteries**
12.00 M'T **Close Encounters Down Under**
1.00 AM **Alien Disclosure Files** Double bill.
2.00 **My Paranormal Nightmare**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.15 **Wetherspoons vs Toby Carvery: Which Is Better** Documentary.
10.15 **Speed Cameras: Are They Out to Get You?**
11.15 **Electric Cars: Are They Really Worth It?**
12.15 PM **Columbo** Five episodes, including at: **7.30** *Double Exposure:* A film-maker uses subliminal messages to lure a rival to his death.
9.00 **Fawlty Towers: A Very British Comedy** A look at controversies surrounding the comedy.
10.30 **The Cancellation of Jim Davidson** The comedian offers an exploration of his life and career.
12.00 M'T **Britain's Favourite 90s Comedy**
2.00 AM **Drain the Oceans**
3.00 **Hurricane Apocalypse: Drain the Oceans**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Five editions of the series in which people set out to find their ideal retreats with the help of an expert.
6.00 **Castle Impossible** Daphne and Ian look to reinstate one of the original chateau bedrooms that once hosted real Kings and Queens of France.
7.00 **A Place in the Sun** Six editions of the series offering advice on buying a second home abroad.
1.00 AM **Bargain Mansions** Tamara and her team take an enormous inground basement and turn it into a stunning living space.
2.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
9.00 **Jay & Pamela** Pamela bonds with Jay's dad over a cooking lesson.
10.00 **Trixie Motel: Drag Me Home** Trixie and Katya carry a vintage bar for the office as David transforms the yard.
11.00 **Take My Tumour**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Trixie Motel: Drag Me Home** As 10.00pm.
3.00 **Take My Tumour**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S1,2&3)
1.00 PM **Friends** Sitcom.
7.20 FILM **Bean** Comedy starring Rowan Atkinson. The disaster-prone fool is sent to America by his employers (1997, PG, 90min) ★★★
9.00 FILM **Kevin & Perry Go Large** Comedy starring Harry Enfield and Kathy Burke. Two teenagers decide to head for Ibiza in search of sun, sea, girls and partying. (2000, 15, 82min) ★★
10.40 **Police Squad!** 3/6. An heiress is abducted. **11.10** 4/6. Drebin discovers an ominous love triangle. (S1)
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **South Park** (S11)
1.40 **Beavis and Butt-Head**
1.55 **Whose Line Is It Anyway? USA**
3.25 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S2)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S2)
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 13/24. Chandler sees Rachel in the nude. **7.30** 14/24. Chandler meets an old flame. **8.00** 15/24. Monica applies for a job a fancy restaurant. **8.30** 16/24. Phoebe's learns that Joey has fallen in love with her identical twin sister. (S1) **9.00** 5/24. Joey discovers Chandler's secret romance. **9.30** 6/24. Emily asks Ross to move away. (S5)
10.00 **Friends** (S5&6)
2.00 **Impractical Jokers**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Border Patrol**
11.00 **Nothing to Declare**
1.00 PM **The Ark** (S1&2)
7.00 **Highway Patrol**
9.00 **Stella** 1/11. Beyonce's pregnancy causes tension between Stella and Michael, and Stella's ex arrives in Pontyberry **10.00** 2/11. Michael and Stella make an attempt to get their relationship on track. **11.00** 3/11. Jag's mother shows up in Pontyberry and drops a bombshell. **12.00** M'T 4/11. Michael begins to suspect that Stella and Rob are hiding something. **1.00** AM 5/11. Rob decides to open up to Michael about his heart condition. (S5)
2.00 **The Russell Howard Hour** Topical comedy.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

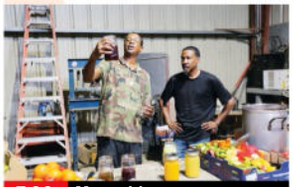
6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **7.00** A woman who has never met her online partner of 10 years. **8.00** A dancer learns her online sweetheart has a dark side.
9.00 **Badass Brides** A 21-year-old plans her fairytale wedding.
10.00 **Ink Master: OGs vs Young Guns** Team dynamics are tested.
11.00 **Jersey Shore Family Vacation** Reality series.
12.00 M'T **Caught in the Act: Unfaithful** Reality series.
1.00 AM **I Used to Be Fat**
2.00 **Catfish: Love Triangles**
2.45 **Catfish: On the Run**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **3.00** PM A couple plan to build a unique retreat with the help of donkeys. **4.00** A family building a geodesic dome home in the North Georgia mountains. **5.00** An outdoor enthusiast works to build a retirement home in the Idaho mountains.
6.00 **Filthy Fortunes** The team hunt for rare liquor, hand-rolled cigars and vintage drums in California hoards.



7.00 **Moonshiners**

7.00 **Moonshiners** New edition Desperate to discover just who is surveilling them, Mark and Digger set a trap.
8.00 **Alaska: Homestead Rescue** A widowed homesteader, realising she didn't learn the skills she needed before her husband's passing, is overwhelmed by her large family homestead.
10.00 **Street Outlaws: Locals Only** Farmtruck and AZN travel to Kentucky to meet local small-tire racers racing for $5,000.
11.00 **Roadworthy Rescues** As Derek works to revive a classic 1960 El Camino, he begins to uncover the vehicle's suspicious past.
12.00 M'T **Alaskan Bush People** Four editions of the series.
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A mother and daughter whose cats are having a spraying match. **4.00** A cat that is terrifying its owner's children.
5.00 **Animal Cribs** A system of tunnels for a family's chinchillas.
6.00 **Bad Dog!** A dog that adores ice-cream and a parrot with a habit of rapping and swearing.

7.00 **How Do Animals Do That?**

7.00 **How Do Animals Do That?** A look into how polar bears keep warm. **7.30** Why drowned ants do not end up drowning.
8.00 **Nature's Strangest Mysteries: Solved** Why 5,000 birds fell from the sky in Arkansas. **8.30** Zombie spiders.
9.00 **The Zoo** Keepers introduce three gaur to the rest of the herd, and a Sambar fawn is rushed to the health centre.
10.00 **Tanked** Brett Raymer and Wayde King build a dragon-guarded, gem-filled aquarium for a family in California.
11.00 **Alaska: The Last Frontier** The Kilchers race through the last few days of autumn.
12.00 M'T **Fish or Die**
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Nature's Strangest Mysteries: Solved**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Disaster Autopsy**
10.00 **Air Crash Investigation**
1.00 PM **Hitler's Last Stand**
3.00 **Secret Nazi Science** The first precision-guided weapon deployed during combat.
4.00 **Drain the Titanic: A Ship Reborn** Exploring the wreck of the famous liner ship.
5.00 **Titanic: The Final Secret** How a Cold War investigation led to the discovery of the wreck.
6.00 **Area 51: The CIA's Secret Files** Exposé of activity at the Groom Lake Testing Facility.

9.00 **JFK: The Lost Bullet**

7.00 **Drain the Sunken Pirate City** Experts investigate the fate of *Port Royal*, which was a famous hangout for pirates.
8.00 **Lost Ships of WW2** New edition Explorers aboard a research vessel detect a wreck off the coast of the Philippines.
9.00 **JFK: The Lost Bullet** Re-examining the film that captured John F Kennedy's assassination in Dallas in 1963.
10.00 **Mastermind: To Think Like a Killer** The mastermind behind the development of modern serial killer profiling.
11.00 **Mastermind: To Think Like a Killer** The success of profiling. **12.00** M'T How Ann balanced her research with parenting.
1.00 AM **To Catch a Smuggler**
2.00 **Inside Airport Lost & Found**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Discovered by Disaster**
7.00 **Pawn Stars** Six editions.
10.00 **Lost U-Boats of WWII**
2.00 PM **Storage Wars** Six editions of the series, including at: **4.30** Ivy drags Isaiah to Victorville as punishment for getting Cs on his report card.
5.00 **Colosseum** 5/8. Ignatius refuses to pledge his allegiance to the emperor. **6.00** 6/8. Scientist Galen of Pergamon makes a name for himself as a physician for gladiators in the arena.

9.00 **Clash of the Gods**

7.00 **History's Greatest Mysteries** A look into a series of widely sighted UFOs in Phoenix and Arizona in 1997.
8.00 **History's Greatest Mysteries** Examining the theories behind where the sacred Ark of the Covenant may be hidden.
9.00 **Clash of the Gods** The real-life influences that were the inspiration for JRR Tolkien's *The Lord of the Rings* book series.
10.00 **Clash of the Gods** A look at the legend of Thor, asking historians whether they believe in the Norse protector god.
11.00 **Secrets Declassified with David Duchovny** How agents endure severe psychological strain while living double lives.
12.00 M'T **The UnBelievable with Dan Aykroyd** A look at history's most unbelievable, strange and completely unexpected spectacles.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash**
12.00 NOON **Bangers & Cash: Restoring Classics**
1.00 PM **Warbird Workshop**
4.00 **The World at War** The events leading up to the Japanese attack on Pearl Harbor in 1941. **5.00** Factors influencing America's decision to support Britain during World War Two.
6.00 **Secret Nazi Bases** As Hitler's shadow engulfs Europe, castles across the continent fall under Nazi control.

8.00 **Australia with Simon Reeve**

7.00 **Simon Reeve's Return to Cornwall** The explorer goes back to the county as the energy and cost-of-living crisis began.
8.00 **Australia with Simon Reeve** The adventurer begins a journey across the country, beginning in Northern Territory.
9.00 **Classic Car Kings** Irv begins a project to restore a 1970s Lamborghini Espada for a client in the Middle East.
10.00 **Bangers & Cash** Derek and Paul are off to Leeds on a father-and-son trip to pick up a VW Cabriolet and a Lotus Elite.
11.00 **Bangers & Cash** A beautiful looking sports car has been fooling the punters and intriguing Derek – namely a Challenger E-Type replica. **12.00** M'T Paul and Jack head to Staffordshire to pick up a Mini and a Morris Minor.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
6.00 **The Yorkshire Auction House** A cancer survivor wants to downsize to free up some cash and fun.
7.00 **Johnny Vegas' Little Shop of Antiques** It's opening day at Vintage Vegas, and the pressure is on to attract customers.
8.00 **Salvage Hunters** Drew Pritchard and Viki Knott search for items that preserve Britain's history.
9.00 **The Repair Shop**
12.00 M'T **Massive Engineering Mistakes**
2.00 AM **Devil's Canyon**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **True Crime with Aphrodite Jones**
7.00 **True Crime with Aphrodite Jones** The death of mother-of-four Susan Casey. **8.00** A sinister murder plot behind a man's disappearance.
9.00 **A Killer's Mistake** A look at the crimes of Malcolm Webster. **10.00** The crimes of Donna Perry.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** Zilpha Lowery.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
6.05 PM **Citizen Detective** Two tragedies frame a murder investigation for one family.
7.00 **Cold Cases Reopened** Two young lovers are ambushed by a gun wielding assailant. **8.00** A group of armed men storm an NCIS Christmas celebration.
9.00 **Killer Kids** The murder of Jamie Bulger. **10.00** Cases of infanticide committed by teenage mothers.
11.00 **48 Hours** The murders of millionaire Pam Hargan and her adult daughter Helen. **12.00** M'T Investigating the death of a popular university professor.
1.00 AM **48 Hours**
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Five editions.
2.00 PM **Medical Detectives** Incriminating fibres lead investigators to a killer. **2.30** A 24-year old criminology student is found murdered. **3.00** Insects and a suspicious hair help to track down a killer. **3.30** A woman is found dead in her own home. **4.00** The body of a man is found 30 years after he was murdered. **4.30** A mother is abducted from a petrol station and later found stabbed to death.
5.00 **New Scotland Yard Files** Examining the case of Michael Menson.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Cult Justice**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops UK**
11.00 **World's Most Evil Killers**
12.00 NOON **Killer in My Village** Dawn Walker.
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Forensics: Catching the Killer** True-crime.
4.00 **Murdered at First Sight**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **The Priest and the Paedophile Hunter**
11.10 **Forensics: Catching the Killer** True-crime.
12.05 AM **Killer in My Village**
1.00 **The Real Manhunter**
2.00 **Murders That Shocked the Nation**
3.00 **Love You to Death**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
11.50 **Women of World War II: The Untold Stories**
1.00 PM **Kokoda: The Spirit Lives** As 6.50pm.
3.15 **Village of Death: Oradour-sur-Glane 1944**
4.30 **Women of World War II: The Untold Stories**
5.40 **The Children of Chaos**
6.50 **Kokoda: The Spirit Lives** Patrick Lindsay tells the story of the Kokoda Campaign.
8.55 **Village of Death: Oradour-sur-Glane 1944** Examining the German invasion of the village in June 1944.
10.05 **Women of World War II: The Untold Stories** The stories of American women in the conflict.
11.20 **Grand Tours of the Scottish Islands**
12.00 M'T **The Children of Chaos** Documentary
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SUNDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering**
8.00 **The Directors** Double bill.
10.00 **The Loneliest Whale: The Search for 52**
11.50 **My Icon: Kadeen Corbin**
12.00 NOON **The United Way**
1.45 PM **Adam Hills: Foot Fault**
3.00 **Elvis Presley: The Searcher**
7.00 FILM **The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
9.00 **Death of a Showjumper** A look at the events surrounding the death of Katie Simpson. **10.00** Detective James Brannigan explores the past of Katie Simpson's sister's partner Johnny Cresswell and a possible motive is uncovered.
11.00 FILM **Amy** Documentary portrait of Amy Winehouse. (2015, 15, 128min) ★★★★
1.30 AM **Look Away**
3.15 **Jealous Guy: The Assassination of John Lennon**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Triple bill of editions.
9.00 **Ol Pejeta Diaries**
12.00 NOON **Animal Empires**
2.00 PM **Cub Camp** Triple bill.
5.00 **Matsalu Moose: Wild Giants of the Baltics**
6.00 **13 Hours to Survive** New edition Sea animals fight for survival as the ocean recedes.
7.00 **David Attenborough's Kingdom of Plants** The wonders of the botanical world. **8.00** Exploring how plants change through the seasons. **9.00** How some species have evolved to minimise their dependence on water.
10.00 **Guardians of the Wild** The first kinda baboon to be studied from birth to adulthood. **11.00** The conservation of black rhinos in Zambia.
12.00 M'T **A Bee's Diary**
1.00 AM **13 Hours to Survive**
2.00 **Animal Empires** Double bill.
4.00 **to 6.00** AM **New Kids in the Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Deadly Standoff**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Mysteries of the Ancient Dead** Qin Shi Huang.
2.00 **Viking Dead** Documentary.
3.00 **Secret Wars Uncovered**
4.00 **Strangest Things**
5.00 **Mysteries of the Ancient Dead**
6.00 **Viking Dead** Documentary.
7.00 **Secret Wars Uncovered**
8.00 **Conspiracy Files: Unsealed**
9.00 **The Nostradamus Effect** The Egyptian prophecy of a comet hitting Earth in 2012.
10.00 **Cursed Histories** A diamond with a sinister past and a beach covered in 'cursed' stones.
11.00 **Close Encounters** Children who claim to have spotted UFOs. **11.30** Two cops out on patrol chase an unidentified object through Ohio.
12.00 M'T **Ancient Aliens**
3.00 AM **Spycraft** Documentary.
4.00 **Strangest Things**
5.00 **to 6.00** AM **History's Greatest Aircraft**

Crime+Investigation

156 142 133

6.00 AM **Jo Frost on Britain's Killer Kids** Double bill of editions.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** Wendy Speakes.
11.00 **Nightmare in Suburbia**
1.00 PM **Cops Who Kill with Will Mellor** Bobby Cutts Jr.
2.00 **Cops Gone Bad with Will Mellor** Martin Forshaw.
3.00 **Fugitive Hunters: Mexico**
7.00 **When Missing Turns to Murder** The case of missing Oxfordshire teenager Jayden Parkinson.
8.00 **Killer Britain with Dermot Murnaghan** A former boxer murdered by his own carer.
9.00 **Cold Case Files** A daughter vows to solve the murder of her mother 40 years later.
10.00 **Cold Case Files: DNA Speaks**
11.00 **Last Night Out**
12.00 M'T **Secrets of the Bunny Ranch** Documentary.
1.00 AM **Secrets of the Hells Angels** True-crime series.
2.00 **Fugitive Hunters: Mexico**
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Chimp School** Documentary.
11.00 **Savage Kingdom**
1.00 PM **Land of the Iberian Lynx**
2.00 **Rare Cat Skills**
3.00 **Desert Lions: Skeleton Coast**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Heartland Docs** New edition Ben and Erin make sure a raccoon knows how to fish.
7.00 **Wild India** Life through the eyes of a newborn elephant calf.
8.00 **Investigation Shark Attack** New edition Incidents in the Bahamas threaten the country's most popular attraction.
9.00 **Perfect Predator**
10.00 **When Sharks Attack and Why** A single beach in Bali that was the site of seven attacks. **10.30** Why the number of shark attacks in Hawaii always doubles in one specific month.
11.00 **Snakes in the City** Simon and Siouxsie encounter Africa's largest cobra in a pool.
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Experts use advanced archaeological methods to delve into strange ancient mounds. **7.00** Acoustic imaging technology is used to discover Venice's ancient foundations. **8.00** Experts uncover ancient rituals once performed on the English shore.
9.00 **Salvage Hunters: The Restorers** Drew Pritchard challenges leather restorer Martin to attach an old cricket bag to a pre-war car.
10.00 **How the Universe Works** New discoveries have rewritten the history of our solar system. They reveal a complex and violent story, from the birth of the sun to its eventual fate.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.55 **Secret Army** Double bill.
1.20 PM **Oliver Twist**
2.00 **David Copperfield**
3.10 **The Dick Emery Show**
5.05 **Secret Army** Double bill.
7.25 **Oliver Twist** With the police closing in, Fagin decides to disband his criminal gang.
8.00 **David Copperfield** 1/5. BBC adaptation of Dicken's classic tale. Stars Colin Hurley.
9.10 **The Dick Emery Show** Double bill of comic sketches from the bizarre cast of characters.
10.25 **Secret Army** *Lucky Piece:* 3/13. Lifeline deals with a special agent and a Polish engineer who verifies the existence of Hitler's secret technology. (S2)
11.35 **Louis Theroux: Extreme Love – Dementia** Documentary.
12.35 AM **David Copperfield**
1.45 **The Dick Emery Show**
3.35 **Secret Army** Double bill.
5.25 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Evil Lives Here**
10.00 **Til Death Do Us Part**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **Murder Comes to Town**
4.00 **Swamp Murders**
6.00 **The Killer Beside Me** A case in which two secretaries vanished. **7.00** How an employee of an exotic wildlife park vanished.
8.00 **Feuds Turned Fatal** A feud between a man and his stepfather boils over.
9.00 **Signs of a Psychopath** A gunman shoots a man as he runs along a country road. **9.30** A woman finds her brother dead in his bedroom.
10.00 **Murder Under the Friday Night Lights** A cheerleader goes missing the day before the state championship.
11.00 **Born Evil: The Serial Killer & the Saviour** Documentary.
12.00 M'T **The Lake Erie Murders**
2.00 AM **The Murder Tapes**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Custom Carolina**
5.00 PM **Fifth Gear Recharged** Vicki and Jason test out the performance of the newest plug-in hybrid estate cars. **6.00** The team check out the Tesla Model Y and some battery swap technology.
7.00 **Wheeler Dealers** A Peugeot 205 T16 inspires Mike to upgrade its UK counterpart. **8.00** Mike finally gets his hands on an Astra GTE. **9.00** After years, Mike has found the ultimate '80s hot hatch. **10.00** Mike finds one of only 1,000 Mini Cooper S MC40s. **11.00** Mike Brewer bags a Ford Fiesta XR2, but there is only £1,000 to spend on repairs. **12.00** M'T Restoring a classic VW Mark 1 Golf GTi. **12.30** AM The VW Mark 1 Golf GTi restoration continues.
1.00 **to 5.00** AM **American Chopper**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **I Don't Understand You** Horror. (2024, 15, 97min) ★★★
7.45 PREMIERE **Buffalo Kids**
9.25 **Sacramento** Comedy. (2024, 15, 89min) ★★★
11.00 **Juror #2** As 10.40pm.
1.00 PM **Wicked** As 8.00pm.
3.40 PREMIERE **Buffalo Kids** Animation historical adventure. (2024, PG, 79min) ★★★ *See review, page 23.*
5.20 **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★

3.40 Buffalo Kids

8.00 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges a friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Juror #2** Crime thriller starring Nicholas Hoult. While serving as a juror in a high-profile murder case, a family man grapples with a serious moral dilemma. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **William Tell** Drama. (2025, 15, 133min) ★★★
2.55 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
4.45 **to 6.45** AM **Sharp Corner** Thriller starring Ben Foster. (2024, 15, 110min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.45 AM **Pitch Perfect** Musical. (2012, 12, 112min) ★★★★
8.40 **Pitch Perfect 2** (2015) ★★★
10.40 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
12.15 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.10 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
4.10 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
6.00 **Mean Girls** Musical adaptation. (2023, 12, 112min) ★★★

6.00 Mean Girls

8.00 **Bob Marley: One Love** Biographical drama starring Kingsley Ben-Adir. The story of how reggae icon Bob Marley overcame adversity, and the journey behind his revolutionary music. (2023, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Chicago** Musical starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. In 1920s Chicago, a showgirl and a wannabe musical star become celebrities on Murderess Row. (2002, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Singin' in the Rain** Musical starring Debbie Reynolds. (1952, U, 102min) ★★★★★
1.35 AM **The Great Gatsby** Drama. (1974, 12, 146min) ★★★
4.00 **The Cinema List: The 90s**
4.15 **to 6.35** AM **Gorillas in the Mist** Fact-based drama. (1988, 12, 124min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **Miranda's Victim** (2023)
9.15 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
11.35 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★
1.55 PM **The King's Speech** Oscar-winning royal drama. (2010, 12, 118min) ★★★★★
4.00 **True Grit** Oscar-winning Western starring John Wayne. (1969, PG, 128min) ★★★★★

6.15 **Aisha** Drama starring Letitia Wright and Josh O'Connor. (2022, 12, 94min) ★★★★
8.00 **Ghost** Romantic fantasy starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
10.15 **Girl You Know It's True** Biographical drama starring Elan Ben Ali and Tijan Njie. (2023, 15, 124min) ★★★

12.25 AM **Miranda's Victim** Crime drama starring Abigail Breslin. (2023, 15, 127min) ★★★
2.40 **Paper Moon** Period comedy starring Ryan O'Neal. (1973, b/w, PG, 100min) ★★★★
4.30 **to 6.40** AM **Minyan** Drama. (2020, 15, 130min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.25 AM **Monolith** As 12.55am.
9.10 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
11.15 **The Purge: Anarchy** Horror sequel. (2014, 15, 102min) ★★★
1.10 PM **Ready Player One** Sci-fi adventure with Tye Sheridan. (2018, 12, 140min) ★★★★
3.40 **Battleship** Sci-fi action adventure starring Taylor Kitsch. (2012, 12, 126min) ★★★

6.00 **The Purge: Election Year** Action horror sequel starring Frank Grillo. The US economy is boosted by tourists arriving to take part in the annual night. (2016, 15, 108min) ★★★
8.00 **King Kong** Peter Jackson's monster movie starring Naomi Watts, Jack Black and Adrien Brody. A 1930s film crew travel to a mysterious, unexplored island and encounter the 'eighth wonder of the world.' (2005, 12, 187min) ★★★★

11.10 **The Ritual** Horror starring Rafe Spall and Robert James-Collier. (2017, 15, 94min) ★★★
12.55 AM **Monolith** Sci-fi thriller. (2022, 15, 90min) ★★★
2.40 **The Purge: Election Year**
4.35 **to 6.20** AM **Dark Skies** Thriller. (2013, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Peter Pan** As 12.35am.
9.25 **Peter Rabbit 2: The Runaway** Adventure. (2021, U) ★★★
11.05 **Look Who's Talking** (1989)
12.45 PM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★
2.20 **Bean** (1997, PG) ★★★
4.00 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
5.35 **Johnny English** Comedy. (2002, PG, 88min) ★★★
7.10 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★

5.35 Johnny English

8.55 **Breaking Point** Drama starring Karam Singh and Kelvin Clarke. Two adopted brothers are estranged after the loss of their mother. However, united in their love of breakdancing, they attempt to win the World Breaking Championship. (2023, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **The Tiger Rising** Family drama starring Dennis Quaid, Queen Latifah and Christian Convery. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Peter Pan** Adventure starring Jeremy Sumpter. (2003, PG, 113min) ★★★★
2.35 **Reuniting the Rubins** Comedy. (2010, PG, 98min) ★
4.20 **Friend or Foe** Family drama. (1981, U, 70min) ★★★
5.40 **to 7.20** AM **Daddy Day Camp** Family comedy sequel. (2007, PG, 88min) ★★

Sky Cinema Action

307 307 407 507 521

6.05 AM **Blue Beetle** As 2.40am.
8.25 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
10.40 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
1.05 PM **Superman II** Fantasy sequel with Christopher Reeve. (1980, PG, 127min) ★★★
3.15 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
5.25 **Superman Returns** Adventure starring Brandon Routh. (2006, 12, 154min) ★★★

5.25 Superman Returns

8.00 **Justice League** Adventure starring Ben Affleck, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against a supervillain. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Aquaman** Adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. (2018, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Aquaman and the Lost Kingdom** Fantasy adventure sequel starring Jason Momoa. (2023, 12, 124min) ★★★
2.40 **Blue Beetle** Fantasy adventure. (2023, 12, 127min) ★★★★
4.50 **to 7.15** AM **Man of Steel** Fantasy starring Henry Cavill. (2013, 12, 143min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

6.50 AM **Five-Year Engagement**
8.55 **Knocked Up** As 11.20pm.
11.05 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
1.00 PM **The Hangover Part II** Dark comedy sequel with Ed Helms. (2011, 15, 101min) ★★
2.45 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.30 **The Money Pit** Comedy. (1985, 15, 91min) ★★★
6.10 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

6.10 The Truman Show

8.00 **Bowfinger** Comedy written by and starring Steve Martin, with Eddie Murphy and Heather Graham. A Hollywood producer makes the town's top actor the unwitting star of a movie. (1999, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **48 Hrs** Action thriller starring Nick Nolte and Eddie Murphy. A tough cop springs a smooth-talking criminal from jail on a two-day pass to help him track down two escaped convicts. (1982, 15, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Knocked Up** Romantic comedy. (2007, 15, 129min) ★★★★
1.30 AM **Five-Year Engagement** Comedy starring Jason Segel. (2012, 15, 119min) ★★★
3.35 **The Buddy Games** Comedy. (2019, 15, 90min) ★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **Kindred** As 6.05pm.
9.25 **Collateral** As 10.05pm.
11.35 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
1.35 PM **Jason Bourne** Action thriller starring Matt Damon. (2016, 12, 123min) ★★★
3.45 **The Sum of All Fears** Action thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
6.05 **Kindred** Horror with Tamara Lawrance and Jack Lowden. (2021, 15, 101min) ★★★

10.05 Collateral

8.00 **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Mélanie Laurent. (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

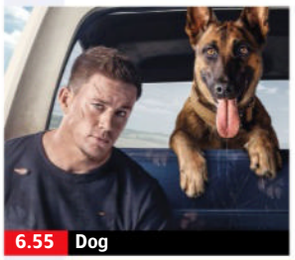
10.05 **Collateral** Michael Mann's thriller starring Tom Cruise. A contract killer performs five hits in a single night. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The China Syndrome** Thriller starring Jane Fonda. (1979, PG, 122min) ★★★★
2.25 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
4.10 **Rashomon** Japanese period drama. Subtitled. (1950, b/w, 12, 88min) ★★★★★
5.45 **to 8.15** AM **K-19: The Widowmaker** War thriller. (2002, 12, 138min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Muppets from Space** Comedy. (1999, U) ★★★
12.45 PM **Napoleon Dynamite** Teen comedy starring John Heder. (2004, PG, 95min) ★★★★
2.40 **Sister Act** Comedy. (1992, PG, 102min) ★★★★
4.45 **Sister Act 2: Back in the Habit** Music comedy sequel. (1993, PG, 107min) ★★
6.55 **Dog** Comedy with Channing Tatum. (2022, 12, 101min) ★★★



6.55 Dog

Dog (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Transporter** Action thriller starring Jason Statham and Shu Qi. An underworld courier uncovers an international slavery ring. (2002, 15, 88min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Open Range** Western directed by and starring Kevin Costner, co-starring Robert Duvall and Annette Bening. (2003, 12, 139min) ★★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

1.35 **to 3.30** AM **Genova** Atmospheric drama with Colin Firth. An English academic moves to Italy with his two daughters, one of whom is haunted by a recent tragedy. (2008, 15, 93min) ★★★★ **11 PM**

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★
7.35 **I'll Be Right There** Comedy. (2023, 12, 93min) ★★★
9.20 **Greedy People** As 5.40am.
11.20 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
1.05 PM **Venom: The Last Dance** Adventure sequel starring Tom Hardy and Chiwetel Ejiofor. (2024, 15, 110min) ★★★
3.00 **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
5.40 **Joker: Folie à Deux** Musical sequel starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
8.00 **Twisters** Action adventure sequel with Daisy Edgar-Jones. (2024, 12, 122min) ★★★★
10.05 **Speak No Evil** Horror starring James McAvoy. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. (2024, 15, 110min) ★★★★
12.00 M'T **The Watched** Horror. (2024, 15, 102min) ★★★
1.45 AM **Anora** Romantic comedy. (2024, 18, 139min) ★★★★★
4.05 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
5.40 **to 7.35** AM **Greedy People** Comedy. (2024, 15) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Iron Monkey** As 1.50am.
7.55 **Enter the Dragon** Action thriller. (1973, 18, 97min) ★★★★
9.45 **Robin Hood: Prince of Thieves** Adventure. (1991, PG) ★★
12.10 PM **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
2.10 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
4.10 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
6.20 **Champion** Boxing drama with Kirk Douglas as a boxer aiming to punch his way to the top. (1949, b/w, PG, 99min) ★★★★
8.00 **A League of Their Own** Comedy drama with Tom Hanks, Geena Davis and Madonna. (1992, PG, 124min) ★★★★
10.10 **Do the Right Thing** Spike Lee's comedy starring Danny Aiello. (1989, 15, 120min) ★★★★★
12.10 AM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
2.30 **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
4.40 **to 6.40** AM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Fox and Hare Save the Forest** (2024, U) ★★★
7.40 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
9.15 **Migration** (2023, U) ★★★
10.45 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
12.25 PM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
2.15 **Madagascar 3: Europe's Most Wanted** As shown at 12.00m't.
4.00 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
5.40 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
7.20 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
8.55 **Little Vampire** Animation. (2020, PG, 85min) ★★★
10.25 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
12.00 M'T **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
1.40 AM **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★★
3.20 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
4.50 **to 6.05** AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG) ★★★

Movies 24

312 313 419

7.00 AM **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
9.00 **Christmas Bedtime Stories** Drama. (2022, PG, 90min) ★★
11.00 **The Holiday Stocking** Festive fantasy. (2022, PG, 84min) ★★
1.00 PM **Sugarplummed** Romantic drama. (2024, PG, 90min) ★★
3.00 **A Christmas in New Hope** Drama. (2024, PG, 90min) ★★
5.00 **#Xmas** Comedy starring Clare Bowen. (2022, PG, 90min) ★★
7.00 **Season's Greetings from Cherry Lane** Festive drama seque, following events in the same house during Christmas in 1951, 2003 and 2024, starring Jonathan Bennett and Laura Soltis. (2024, PG, 84min) ★★
9.00 **A Carol For Two** Drama with Ginna Claire Mason. A woman working in a diner gets the chance to perform in a festive concert. (2024, PG, 90min) ★★
11.00 **A Tale of Two Christmases** Comedy. (2022, PG, 84min) ★★
1.00 AM **Navigating Christmas** Drama. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Following Yonder Star** Drama. (2024, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Vickers Hovercraft**
6.40 **Bulldog Drummond Comes Back** Adventure sequel. (1937, b/w, U, 70min) ★
7.50 **The Man From Yesterday** Thriller. (1949, b/w, PG) ★★
9.10 **Three Crooked Men** Drama. (1959, b/w, U, 71min) ★★
10.35 **The Beverly Hillbillies** (S1)
11.10 **A Case for PC 49** Mystery.
12.50 PM **Worzel Gummidge** (S2)
1.25 **Batman** 26/60. (S2)
2.00 **Forty Guns** Cult Western. (1957, b/w, PG, 76min) ★★★
3.40 **Dick Emery on Wiggins!**
4.00 **The Adventures of Robin Hood**
4.30 **The Vise** 1/39. (S1)
5.00 **The Footage Detectives**
6.00 **Smokescreen** Thriller with Peter Vaughan and Yvonne Romain. (1964, b/w, U, 66min) ★★★
7.25 **The Weaker Sex** War drama. (1948, b/w, U, 84min) ★★
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Pickup Alley** Crime thriller. (1957, b/w, PG, 92min) ★★
11.45 **Budgie** 10/13. (S2)
12.50 AM **The Heritage Chart Show**
1.55 **They Live** Sci-fi adventure. (1988, 15, 95min) ★★★
3.50 **The Lost Hours** (1952, PG) ★★
5.20 **to 6.00** AM **The Larkins**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 **Sunday At The Open**
10.00 **LIVE The Open** Coverage of the fourth and final day of the final Major of the year staged at Royal Portrush Golf Club in County Antrim. Xander Schauffele's outstanding seven-under-par round of 65 helped him to win his second Major of 2024 at Royal Troon 12 months ago.
7.30 PM **LIVE World Matchplay Darts** Coverage of the evening session on the second day of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four first-round matches. Rob Cross and Gian van Veen were involved in the only match of last year's tournament to be taken to a tie-breaker leg in the corresponding session, with Cross eventually emerging as the winner in the 25th leg.
11.00 **LIVE PGA Tour Golf** Coverage of the fourth and final day of the Barracuda Championship from Tahoe Mountain Club in Truckee.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** A replay of Chelsea v Liverpool from 2002/03.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
4.00 PM **Premier League Highlights** Newcastle United v Southampton.
4.30 Action from Nottingham Forest v Bournemouth.
5.00 Highlights of Nottingham Forest v Everton at City Ground.
5.30 Action from Nottingham Forest v Fulham at City Ground..
6.00 Highlights of Nottingham Forest v Ipswich Town.
6.30 Action from Nottingham Forest v West Ham United.
7.00 **MNF Special: Pep Guardiola**
8.15 **Sticker Book** Alexander Isak.
8.30 **Transfer 360** Mikel Arteta.
9.00 **Chasing the Dream**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Henrik Larsson: 20 Years On**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Bradford City v Swansea City from 2013.
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 NOON **Championship Retro** Leeds United v Derby County.
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
5.00 **EFL Cup Highlights**
5.30 **EFL Trophy** Action from Portsmouth v Salford City.
6.00 **Championship Retro** Aston Villa v Derby in the 2018/19 Championship play-off final.
8.00 **EFL Greatest Games** Derby County v Nottingham Forest.
8.15 QPR v Nottingham Forest.
8.30 Brentford v Fulham.
8.45 Derby County v Nottingham Forest in the 2014/15 season.
9.00 **EFL Greatest Games**
10.00 **EFL Cup** Manchester City v Tottenham Hotspur from 2021.
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy Football**
12.00 M'T **EFL** The 2014/15 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Women's One-Day International Cricket**
9.00 **The Film Room: England v India**
9.30 **Best of England v India**
10.30 **Best of ICC WT20**
11.00 **Women's One-Day International Cricket**
2.00 PM **The Film Room: England v India** A look back at a memorable 2011 Test match.
2.30 **Best of England v India**
3.30 **Best of ICC WT20**
4.00 **Best of England v India**
5.00 **Women's One-Day International Cricket**
7.00 **Best of England v India**
8.00 **Women's One-Day International Cricket** Action from the second ODI between England and India from Lord's.
9.00 Highlights from the first ODI between England and India from Utilita Bowl, Southampton.
10.00 **The Film Room: England v India** Action from 2011.
10.30 **Best of England v India**
11.00 **Women's One-Day International Cricket**
1.00 AM **Vitality T20 Blast Cricket**
4.45 **Best of ICC WT20**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Underdogs: The Story of the 138th Open Championship**
7.00 **The Open** The third day.
8.00 **Sunday at the Open**
10.00 **LIVE The Open** Coverage of the fourth and final day from Royal Portrush Golf Club, County Antrim.
7.30 PM **Underdogs: The Story of the 138th Open Championship**
8.30 **Chronicles of a Champion Golfer** A profile of Nick Faldo.
9.00 **LIVE PGA Tour Golf** Coverage of the fourth and final day of the Barracuda Championship.
12.00 M'T **The Open** The fourth day.
1.00 AM **HotelPlanner Tour Golf**
1.30 **PGA Tour Champions**
2.30 **Chronicles of a Champion Golfer** Phil Mickelson.
3.00 **The Open** The fourth day.
4.00 **The Open – Official Films**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

TNT Sports 1

410 413 521 408 430

7.00 AM **TNT Sports Reload**
7.30 **LIVE AFL Adelaide Crows v Gold Coast Suns.** Coverage of the match from the 19th round of fixtures staged at Adelaide Oval. Bounce-up is at **7.40am**.
10.30 **Gallagher Premiership Rugby Union** The best tries of 2024/25.
11.00 **Tour de France Men Highlights**
12.00 NOON **LIVE Tour de France** Coverage of the 15th stage, which consists of a 169.3km route from Muret to Carcassonne. After a taxing few days, the peloton face one more stage ahead of the second and final rest day.
5.15 PM **Cycling Africa**
6.30 **LIVE MLB Atlanta Braves v New York Yankees.** Coverage of the inter-league match staged at Truist Park. Start-time **6.35pm**.
9.45 **Kenny Allstar's Number 1's**
10.00 **MotoGP** Grand Prix of Czechia.
11.00 **MotoGP Chequered Flag**
12.00 M'T **TNT Sports Cricket Reload**
12.45 AM **LIVE International T20 Cricket West Indies v Australia.** Coverage of the first T20 in the five-match series at Sabina Park in Kingston, Jamaica.
5.00 **to 6.00** AM **Formula E**

TNT Sports 2

411 414 522 409 431

7.00 AM **MotoGP** Highlights.
7.30 **LIVE MotoGP Northern Talent Cup** The Grand Prix of Czechia MotoGP second race.
8.30 **LIVE MotoGP** The Grand Prix of Czechia MotoGP warm-up .
9.00 **LIVE MotoGP** The Grand Prix of Czechia MotoGP Moto3 race.
11.00 **LIVE MotoGP** The Grand Prix of Czechia MotoGP Moto2 race.
12.15 PM **LIVE MotoGP** Grand Prix of Czechia MotoGP MotoGP race.
2.15 **MotoGP Chequered Flag**
3.15 **TNT Sports Cricket Reload**
3.45 **In My Blood** With Jarrod Bowen.
4.00 **LIVE SailGP** The second day of the Great Britain Sail Grand Prix.
5.30 **MLB Highlights**
6.30 **Ultimate Pool** Pairs Cup.
8.00 **Tour de France Highlights**
9.00 **LIVE MLB Los Angeles Dodgers v Milwaukee Brewers.** Start-time **9.10pm**.
12.15 AM **Tom Aspinall's Fight Lab**
12.30 **Ally's Social Club**
1.15 **World Rally Championship**
1.45 **Tour de France Highlights**
2.45 **Born Racers** At the Rookies Cup.
4.00 **Superbike World Championship**
5.00 **to 6.00** AM **British Speedway**

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
10.00 **British and Irish Lions Tour**
2.00 PM **Lions Legends** Welsh backs.
2.30 **British and Irish Lions Tour**
3.15 **Lions Legends** A profile of legendary British & Irish Lions player Willie John McBride.
3.30 **British and Irish Lions Tour** Australia v British & Irish Lions: A chance to see the first Test of the three-match series staged at Suncorp Stadium in Brisbane.
7.30 **Lions Legends** A profile of Welsh backs from 1971 and 1974.
8.00 **Rugby Greatest Games** Highlanders v Lions from 2017.
8.10 Maori All Blacks v British And Irish Lions in 2017.
8.20 New Zealand v British and Irish Lions in the third 2017 Test.
8.30 **Lions Legends** Player profiles.
10.00 **Lions 1997: Living With Lions** Classic rugby documentary following the British & Irish Lions Tour to South Africa in 1997.
1.00 AM **Lions Legends**
2.00 **British and Irish Lions Tour** Australia v British & Irish Lions.
3.00 **Lions Legends** Profiles.
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **LIVE NRL Newcastle Knights v New Zealand Warriors.** Coverage of the game in the 20th round of fixtures at McDonald Jones Stadium. Kick-off **7.05am**.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
1.00 PM **LIVE World Matchplay Darts** Coverage of the afternoon session on the second day of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four first-round matches. Stephen Bunting and Ryan Joyce were involved in the most enthralling match of the corresponding session last year.
5.00 **Sports Sunday**
6.00 **Sky Sports News**
7.00 **LIVE World Matchplay Darts** Coverage of the evening session on day two of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four first-round matches.
11.00 **Sky Sports News**
12.00 M'T **EFL Highlights** Action from Bristol City v Sheffield United.
12.30 **to 6.00** AM **EFL Highlights**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA & ATP Tennis**
10.30 **LIVE ATP Tennis** Coverage of the ATP Swiss Open Gstaad final.
12.30 PM **ATP Tour This Week**
1.00 **LIVE WTA & ATP Tennis** Coverage from the Tours.
3.00 **WTA Tennis** Miami Open review.
3.30 **LIVE WTA Tennis** Coverage of the Iasi Open final in Romania.
5.30 **LIVE ATP Tennis** Coverage of day one of the ATP Croatia Open.
7.30 **ATP Tour This Week**
8.00 **LIVE ATP Tennis** Further coverage of day one of the ATP Croatia Open in Umag, Croatia.
10.00 **ATP Tennis** Recent finals.
2.00 AM **Bitesize Tennis**
2.15 **Tim Henman Podcast 2024**
2.30 **Billie Jean King: My Story**
2.45 **Martina Navratilova: Unstoppable** An interview.
3.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premiership Rugby Union**
6.30 **V8 Supercars Highlights**
7.30 **LIVE World Rally Championship** Rally Estonia.
8.15 **In My Blood** With Jarrod Bowen.
8.30 **LIVE World Rally Championship** Rally Estonia.
10.00 **V8 Supercars Highlights**
11.00 **LIVE World Rally Championship** Rally Estonia.
1.15 PM **MLB Highlights**
2.45 **TNT Sports Reload**
3.00 **Sign Up – Into Football**
4.00 **Fishing: On the Bank**
5.00 **MLB Highlights**
6.30 **Ultimate Pool** Pairs Cup.
8.00 **TNT Sports Reload**
8.45 **Tom Aspinall's Fight Lab**
9.00 **UFC** Holloway v Poirier.
12.00 M'T **LIVE MLB** Coverage of a Major League Baseball match.
3.15 AM **TNT Sports Reload**
3.30 **World Rally Championship**
4.00 **Ultimate Pool** Pairs Cup.
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE AFL Collingwood v Fremantle.** Coverage of the match from the 19th round of fixtures at Melbourne Cricket Ground. Bounce-up is at **6.15am**.
9.00 **Classic Premier League**
10.00 **Miracle of Istanbul**
11.00 **Test Cricket Highlights** Action from West Indies v Australia.
1.00 PM **TNT Sports Reload**
1.15 **LIVE Summer World University Games** Coverage of the Basketball 3x3 medal games at the event from Rhine-Ruhr.
6.00 **AFL** Geelong Cats v St Kilda.
7.30 Collingwood v Fremantle.
9.00 A chance to see Adelaide Crows v Gold Coast Suns.
10.30 **World Rally Championship** Day three of the Rally Estonia.
11.00 **Ultimate Pool** Action from Group Seven of the Pairs Cup.
12.30 AM **AFL** Three match replays.
5.00 **to 6.00** AM **Fishing: On the Bank**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **PSA Squash Highlights**
8.00 **DTM Highlights** From Norisring.
9.00 **Transworld Sport** Magazine.
10.00 **LaLiga Specials**
11.00 **British Minibikes**
12.00 NOON **Euro Le Mans Highlights**
1.00 PM **LaLiga Specials**
1.55 **Football's Greatest**
2.55 **LIVE Pre-Season Football Rapid Vienna v FC Union Berlin.** Coverage from Allianz Stadion. Kick-off is at **3.00pm**.
5.00 **Football's Greatest**
5.30 **NASCAR Highlights**
6.30 **LIVE NASCAR** The AutoTrader EchoPark Automotive 400 staged at Dover Motor Speedway.
11.00 **Scottish Rally Championship**
11.30 **Euro Le Mans Highlights**
12.30 AM **World Surf League**
1.30 **Motorsport** Valentino Rossi.
2.00 **PSA Squash Highlights**
3.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 552

6.00 AM **CONCACAF Gold Cup**
8.00 **NASCAR Xfinity Series**
11.00 **GP Confidential** All the latest Formula One news.
11.30 **Pre-Season Football** Eintracht Frankfurt v FSV Frankfurt.
1.30 PM **Bike World** Magazine.
2.00 **Premier Sports Cup** A chance to see Stirling Albion v Hearts.
4.00 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
4.30 **International Rugby Union** A replay of Samoa v Scotland.
6.30 **NHL: This is Hockey**
7.30 **Major League Cricket** Another chance to see the final.
12.00 M'T **United Rugby Championship** Action from Leinster v Bulls in the Grand Final.
2.00 AM **Temples of Sport**
2.30 **NASCAR Xfinity Series** Action from the Pit Boss/FoodMaxx 250 at Sonoma Raceway.
5.30 **to 6.00** AM **GP Confidential**

Sky Sports Mix

416 412 510 429 449

6.30 AM **Women's ODI Cricket**
7.30 **Chronicles of a Champion Golfer** A profile of Tony Jacklin.
8.00 **The Open** The third day.
9.00 **My Icon** Libby Clegg.
9.15 **LIVE NRLW Newcastle Knights v New Zealand Warriors.** Kick-off **9.15am**.
11.00 **EFL Greatest Games**
11.30 **Chronicles of a Champion Golfer** Profiles of leading players.
12.30 PM **State of Origin Rugby League** Action from 2024.
3.30 **Women's State of Origin**
6.30 **PL Greatest Games**
7.00 **Women's ODI Cricket**
10.00 **WTA & ATP Tennis**
2.00 AM **State of Origin Rugby League** Action from 2024.
3.00 **EFL Greatest Games**
4.00 **The Open** The fourth day.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** British Grand Prix.
1.00 PM **LIVE GT World Challenge Europe** The second race in Italy.
2.15 **Ferrari Challenge Europe**
4.15 **Adrian Newey IV**
4.30 **Carlos Sainz & the Lie Detector**
4.45 **F1 Explained: Monaco's 2 Pit Stop** Hosted by Ted Kravitz.
4.50 **George Russell IV**
5.00 **LIVE Indycar** The Ontario Honda Dealers Indy Toronto.
7.30 **Ferrari Challenge Europe**
9.00 **GT World Challenge Europe**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

21 July

Evening Planner

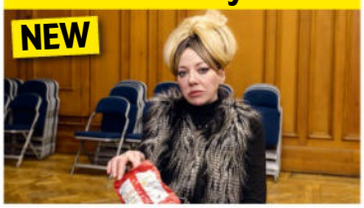
Factual

Fake or Fortune?

BBC1, 9pm

As the series returns, Fiona Bruce meets carer Barry, who thinks he may have found a lost work by Winston Churchill.

Comedy



Mandy

BBC2, 10pm & 10.15pm (box set, iPlayer)

The return of Diane Morgan's short-form comedy sees the hapless Mandy Carter still on the hunt for suitable employment.

OnDemand

prime

Justice on Trial

Available today

Judy Sheindlin, best known as Judge Judy, presides over recreations of eight real-life trials.

OnDemand

Paramount+

Millers in Marriage

Available today

Edward Burns wrote, directs and stars in this drama about siblings navigating marital ups and downs.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives	7.30 EastEnders		8.30 Panorama	9.00 Fake or Fortune?		10.00 News; Local News	10.40 Have...
	102 BBC2	7.00 SOS: Extreme...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Human		10.00 Mandy	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Shark! Celebrity Infested Waters		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Michael Mosley: Secrets of the...		9.00 The Couple Next Door		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Forensics: Murder Case		10.00 Police: Suspect No 1	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Airborne		9.00 The Gilded Age		10.05 Royal B**tards: Rise of the Tudors	
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 Top Gear		9.00 Billion Dollar Playground			10.35 Fleabag
	116 BBC4	7.00 A Summer...	7.30 The Flying...	8.00 Singapore 1942: End of Empire		9.00 Rise of the Nazis: The Downfall		10.00 Hiroshima	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 G'wed	
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Matt Baker: Our Farm in the Dales		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.30 Six Feet Under	7.35 Game of Thrones			9.00 The Gilded Age		10.05 Catherine the Great	
	110 U&GOLD	‹ 6.40 Are...	7.20 Dad's Army		8.40 Still Open All Hours	9.20 The Vicar of Dibley		10.00 The Royle Family	10.40 Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 Goodwood Festival of Speed		9.00 Film: Mechanic: Resurrection			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Hello Wembley!		10.00 Al Murray Live – Barrel of Fun	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Walking Dead	9.50 The Leftovers		
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob Beckett's Smart TV		9.00 Film: Final Score			
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Love Is All Around				10.00 Musical Masterpieces	
	132 U&W	7.00 Inside the Ambulance		8.00 The Secret Life of 4, 5, 6 Year Olds...		9.00 Stacey Dooley Sleeps Over USA		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Alaska: Homestead Rescue			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Disaster Autopsy		10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Holy Marvels with Dennis Quaid		9.00 Killer Kings		10.00 Discovered by Disaster	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Canal Boat Diaries		9.00 Tropic of Capricorn		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Lockerbie		8.00 Six Silent Killings: Ireland's Vanishing...		9.00 Gary			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.30 Gladiator II		8.00 William Tell					10.15 Juror #2
	302 2025 RECAP	‹ 5.55 Twisters		8.00 The Watched				10.00 Anora	
	303 HITS	‹ 6.10 Bob Marley: One Love		8.00 Ocean's Eleven				10.00 Superbad	
	304 GREATS	‹ 6.05 Congo		8.00 Superman					10.25 Blade Runner
	305 ANIMATION	‹ 5.40 Kung...	7.20 Hotel Transylvania 2			8.55 The Road to El Dorado			10.30 Trolls Band...
	306 FAMILY	‹ 6.00 Stuart Little	7.35 Stuart Little 2			9.00 Reuniting the Rubins			
	307 ACTION	‹ 5.35 Man of Steel		8.00 The Mummy				10.10 The Mechanic	
	308 BUDDY FILMS	‹ 6.10 Pixels		8.00 Brewster's Millions			9.45 Kangaroo Jack		
	309 THRILLER	‹ 6.05 Mona Lisa and the Blood Moon		8.00 Ocean's Eight				10.00 Boyz N the Hood	
	310 DRAMA	‹ 6.10 Jackie		8.00 Lost in Translation			9.55 Minyan		
	311 SCI-FI	‹ 6.10 I Am Legend		8.00 Five Nights at Freddy's			9.55 Dark Skies		
	313 FILM4	‹ 6.50 Suffragette				9.00 Transporter 2			
SPORT	401 MAIN EVENT	7.00 World Matchplay Darts – Live: Coverage of day three of the tournament from Winter Gardens in Blackpool							
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 We're Not...	9.30 Sticker Book	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 SPFL Greatest Games		8.00 EFL Greatest Games				10.00 EFL Cup	
	404 CRICKET	7.00 Test Cricket							
	410 TNT SPORTS 1	‹ 6.30 WRC Review	7.30 British Speedway – Live: Leicester Lions v Sheffield Tigers					10.00 Fight Week	10.30 Tom Aspinall's...
	411 TNT SPORTS 2	‹ 6.00 Ultimate Pool – Live: Coverage of Group 8 of the Pairs Cup					9.30 IFSC Climbing World Cup Highlights		10.30 In My Blood

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain** (S)(R)
10.15 **Fraud Squad** New edition An employee falsifies paperwork to steal from a local authority. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition Two family teams explore an antiques centre in Devon. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** New edition Transforming a garden in Luton. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM
7.00 **Our Lives: Female Fishermen – Beyond the Buoys** New edition Three young women working as fishermen. (S)
7.30 **EastEnders** The Slaters talk about an exciting potential venture. (S)

8 PM
8.00 **EastEnders** Drama begins to unfold as the Vic auction looms, while Nicola makes a situation worse for Harry. (S)(AD)
8.30 **Panorama: Fighting Cyber Criminals** New edition Current affairs. (S)

9 PM
9.00 **NEW SERIES Fake or Fortune?** 1/4. Fiona Bruce and Philip Mould explore the story behind a picture of a summer garden painted in 1916, that may be a lost work by Winston Churchill. *See feature, page 21.* (S)(AD)

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Labour MP Jess Phillips and comedian Glenn Moore join regular team captains Ian Hislop and Paul Merton. (S)(R)
11.10 **NEW How to Win the Ashes: 2005** A look back at the memorable Test cricket series between England and Australia. (S)
11.40 **This Country** 5/6. Kurtan vies with his friend Slugs over the affections of a girl new to the village. (S)(R)
12.10 AM 6/6. Kerry and Kurtan explore the possibility of moving away from their village. (S1) (S)(R)
12.35 **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Bargain Hunt** (S)(R)(AD)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Antiques Roadshow** Fiona Bruce and the team are at Cromford Mills in Derbyshire. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **The Life of Mammals** (S)(R)(AD)
5.15 **Flog It!** From Bedfordshire. (S)(R)
6.00 **Richard Osman's House of Games** With Hannah Cockroft, Neil Morrissey, Penny Smith and Rhys Stephenson. (S)(R)
6.30 **Robson Green's Weekend Escapes** Denise Welch joins Robson for a getaway in the Northumbrian countryside. (S)(R)

9.00 Human

7 PM
7.00 **SOS: Extreme Rescues** New edition 2/12. A 15-year-old boy is stranded after falling in an underground lake. (S)
7.30 **Mastermind** New edition Specialist subjects include *Gilmore Girls*, Truman Capote and LS Lowry. (S)

8 PM
8.00 **NEW SERIES Only Connect** The Whitley Baes take on the Caraxians in the first heat. (S)
8.30 **University Challenge** New edition SOAS University of London takes on University College London. (S)

9 PM
9.00 **Human** New edition 2/5. Examining the migration of Homo sapiens from Africa to the Middle East around 60,000 years ago, and looking at the tiny Homo floresiensis species. (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **NEW SERIES Mandy** 1/6. Return of the comedy starring Diane Morgan. (S)(AD)
10.15 New episode 2/6. Mandy tries to find out what is holding her back. (S4) (S)(AD)
■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 **FILM The Good Liar** Crime thriller starring Helen Mirren. A con man sets his sights on a rich widow and is soon neck-deep in a cat-and-mouse game. With Ian McKellen. (S) (2019, 15, 105min) ★★★★
12.45 AM **Sign Zone: Countryfile** From the Vale of Evesham. (S)(R)
1.40 **Sign Zone: Weatherman Walking** Derek Brockway explores Aberdyfi and Merthyr Tydfil. (S)(R)
2.10 **Sign Zone: Ambulance** (S)(R)
3.10 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Beverley Callard, Kirsty Gallacher and Stephen K Amos trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Shark! Celebrity Infested Waters

7 PM
7.30 **Emmerdale** Liam makes a discovery, Robert's suspicions are piqued and Pollard decides to tell Mack the truth. (S)(AD)

8 PM
8.00 **Coronation Street** Ryan worries about Debbie's behaviour at work, Dev absolves Aadi of any guilt for the robbery, Lou asks a massive favour of Sally, and Billy overhears Theo lying to an old friend. (S)(AD)

9 PM
9.00 **Shark! Celebrity Infested Waters** New edition 2/5. The famous faces discover that their final mission will be to swim with 18-foot tiger sharks. (S)(AD)
■ Entire series on ITVX

10 PM
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Yorkshire Ripper: The Secret Murders** 1/2. Examining the police investigation into the crimes of Peter Sutcliffe and the missed opportunities to charge him for his earlier crimes. (S)(R)
11.40 **Tour de France Highlights** Gary Imlach presents news on the second rest day, featuring a recap of the action so far. (S)(R)
12.30 AM **Teleshopping**
3.00 **Suspicion** 5/8. The five suspects attempt to uncover who it was that framed them. (S1) (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Taste of Malta** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 9-12/25. (S3) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 9-12/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Sales teams leader Ashleigh and joiner Joe take on a run-down suburban semi. (S)(R)
5.00 **Chateau DIY** Tim tries to make a complicated bamboo water feature for the garden. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Sisters from Castle Douglas go in search of a dream holiday home in the Spanish sun. (S)(R)

8.00 Secrets of the Superagers

7 PM
7.00 **News** (S)

8 PM
8.00 **Michael Mosley: Secrets of the Superagers** New edition 2/6. Michael looks for methods to preserve healthy hearts, bones and muscles, visiting Okinawa, where diet has contributed to low levels of heart disease. (S)(AD)

9 PM
9.00 **The Couple Next Door** New episode 4/6. Charlotte throws herself into her work, while Jacob questions what happens next as he is placed in charge of the investigation into Mr Green's death. (S2) (S)(AD)
■ Continues tomorrow

10 PM
10.00 **Crime Scene Cleaners** New edition 4/10. In Buckinghamshire, a man is found dead in disturbing circumstances, while in Louisiana, a body is discovered dumped under a car on a bridge over the Mississippi. (S)(AD)
11.05 **NEW TO C4 Secrets of the Hells Angels** 1&2/8. Exploring the world of the secretive and notorious biker club. (S)(AD)
12.55 AM **Ramsay's Hotel Hell** (S)(R)
1.45 **Undercover Boss USA** (S)(R)
2.35 **Dispatches: Trump – Moscow's Man in the White House** (S)(R)
3.30 **The Dog Academy** (S)(SL)(R)(AD)
4.25 **Kirstie's Fill Your House for Free**
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **A Lesson in Murder: A Teagarden Mystery** Drama starring Skyler Samuels. Aurora takes it upon herself to find the killer of a student from her true crime literature class. (S) (2024, PG, 100min) ★★★
4.00 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** A French bulldog that likes to hurl itself at buses. (S)(R)
6.55 **News** (S)

9.00 **Forensics: Murder Case**

7.00 **Traffic Cops** Police tackle a range of crimes in Derbyshire, from driving under the influence of drink or drugs, to catching gangs stealing cars. (S)(R)
7.55 **News** (S)

8.00 **Motorway Cops: Catching Britain's Speeders** New edition PCs Billy Stead and Nathan Saltmer are on the tail of a possible cloned BMW, but the driver attempts a getaway, making a run for it across a field. (S)

9.00 NEW SERIES **Forensics: Murder Case** 1/2. Kirsty Wark presents a look at the investigation into the 1983 murder of Aberdeen taxi driver George Murdoch in light of a major DNA breakthrough. (S)

10.00 **Police: Suspect No 1** 5/6. Detectives attempt to bring down the Norfolk-based Lewis drugs gang and in particular the man overseeing the selling and dealing of crack cocaine and heroin. (S)(R)

11.35 **Police: Night Shift 999** Sgt Gladwin is surrounded by an aggressive family. (S)(R)
12.35 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **The World's Most Expensive Hotels** Atlantis Dubai. (S)(R)
4.25 **Me & My 10 Kids** (S)(SL)(R)
5.20 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 4/22. The team race to try and stop a violent band of armed robbers. (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Last Temptation of Krust:* Krusty spices up his act. (S)(R) **5.30** *Bart Carny:* A carnival worker and his son move in with the Simpsons. (S)(R) **6.00** *Lisa the Simpson:* Lisa fears her genetic make-up means she will be stupid. (S)(R) **6.30** *This Little Wiggy:* Bart is forced to befriend Ralph. (S)(R)

9.00 **The Gilded Age**

7.00 **The Office (US)** *Garden Party:* 4/24. Andy throws a garden party at Schrute Farms. (S)(R) **7.30** *Spooked:* 5/24. Erin struggles to pull off the best Halloween party. (S8) (S)(R)

8.00 **Airborne** 1/4. Documentary exploring the challenges and freedom of animals that use the air to survive and thrive, beginning with how different species use air, from rookies to the masters of the skies. (S)(R)

9.00 **The Gilded Age** New episode *A Different World:* 5/8. Gladys has trouble adjusting to her new circumstances, Peggy gets an opportunity from an old colleague, and there is drama at a luncheon. (S3)

10.05 **Royal B**tards: Rise of the Tudors** 2/3. As the bloody civil wars rage on, Margaret manages to keep hold of her lands and her life under Yorkist rule, while Warwick leads a rebellion against Edward. (R)

11.05 **Curb Your Enthusiasm** 1/10. Larry invests in a restaurant. (R) **11.40** 2/10. One of Larry's guests becomes ill. (S3) (S)(R)
12.15 AM **The Force: North East** (R)
1.10 **Road Wars** (S)(R)
2.05 **Brit Cops: War on Crime** (R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 4/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.30-9.00pm Oul Treasures New edition (S) **10.40-11.10pm** Panorama: Fighting Cyber Criminals New edition (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm SOS: Extreme Rescues New edition (S) **10.40** Saving Lives in Cardiff (S)(R) **11.40** NEW How To Win The Ashes: 2005 (S) **12.10am** Have I Got News for You (S)(R) **12.40** This Country (S)(R)(AD) **1.35-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Ar Scáth an Cheoil (S)(R)

WALES
Sky 968, Freesat 968
7.00-7.30pm Our Lives: Female Fishermen – Beyond the Buoys New edition (S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Sioe **12.00noon** Newyddion a'r Tywydd **12.05pm** Y Sioe New edition **2.00** Newyddion a'r Tywydd **2.05** Y Sioe New edition **5.00** Larfa **5.05** Bwystfil **5.15** Lego Ffrindiau: Amdani Ferched! **5.30** Tekkers **6.00** Ras Yr Wyddfa **6.57** Newyddion **7.00** Heno O'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **9.58** Y Tywydd **10.00** Ralio: Pencampwriaeth Rali'r Byd New edition **10.35** Gronyn Gobaith: Cymry Cern **11.35pm-12.40am** Y Sioe

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** David Attenborough narrates a look at Antarctica.
7.55 **The Catch Up**
8.00 **Top Gear** The trio attempt to build mobility scooters.
9.00 **Billion Dollar Playground** New editions 5/8. The team welcome guests for a big birthday party. **9.50** 6/8. Grace impresses the guests with fine wine and caviar, while after another review, the team let off steam before the next stay. ■ Entire series on BBC iPlayer
10.35 **Fleabag** 5/6. Claire and Fleabag return to their father's home to mark their mother's death. (S1)
11.00 **Fleabag** 6/6. (S1)
11.30 **The Kim Kardashian Diamond Heist**
12.15 AM **Hire Me: Competing for a Dream Job**
1.15 **Brickies** Documentary.
1.45 **Becoming... Furiosa**
2.05 **Fleabag** 5&6/6. (S1)
2.55 **to 3.55** AM **Paranormal: Britain's Last Witch**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey with Angela Rippon** Bristol's historic harbour.
7.30 **The Flying Archaeologist** Evidence about Stonehenge revealed by aerial surveys.
8.00 **Singapore 1942: End of Empire** 1/2. Examining the fall of Singapore during World War Two.
9.00 **Rise of the Nazis: The Downfall** 3/3. As World War Two approaches its end, the Nazi regime is disintegrating and most of Hitler's deputies are busy making plans to try to survive.
10.00 **Hiroshima** Charting the political and social impact of the nuclear attack.
11.30 **Berlin 1945** The British, French and American troops wait to enter Berlin.
12.20 AM **Ocean Autopsy: The Secret Story of Our Seas**
1.55 **A Summer Journey with Angela Rippon**
2.25 **The Flying Archaeologist**
2.55 **to 3.55** AM **Rise of the Nazis: The Downfall**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** The Masons Arms in Meysey Hampton. **3.40** The hoteliers arrive at Wards Hotel in Folkestone. **4.15** The contestants stay at the Queens Arms, Berkshire. **4.50** From Midshires Way Campsite, Nottinghamshire. **5.20** Payment day arrives.
5.55 **Kirstie and Phil's Love It or List It** A couple with a home in Buckinghamshire.
6.55 **The Dog House Australia** New edition A woman recovering from health issues considers getting a dog.
7.55 **The Dog House** 'Escape artist' Lily the beagle seeks a new home.
9.00 **Matt Baker: Our Farm in the Dales** Lambing season continues and this time it is the Herdwicks' turn.
10.00 **24 Hours in A&E** A woman is rushed in after her horse fell on top of her, resulting in multiple injuries, and a partying 22-year-old has a laceration to her ankle after falling onto a gin glass.
11.05 **24 Hours in A&E**
12.10 AM **Royal Flying Doctors** New episode 2/8. (S2)
1.15 **Matt Baker: Our Farm in the Dales** As 9.00pm.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** *My Fair Laddy.* **6.30** *The Seemingly Never-Ending Story.*
7.00 **Hollyoaks**
7.30 **The Simpsons** *Homer and Marge Turn a Couple Play:* Homer and Marge give advice to a baseball player.
8.00 **Below Deck** New edition Jared and Kyle's argument leads to consequences, Cat struggles to find her place, and the exterior encounter difficulties during docking.
9.00 **Gogglebox** Appraisals of the local election results. **10.00** The armchair critics get in Eurovision mood.
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **The Goldbergs**
3.25 **Below Deck**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **Modern Family**
5.25 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

primetime

primetime

Monday

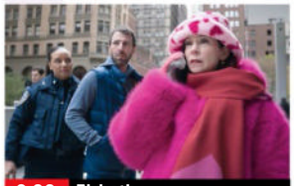
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 15/15. (S3)
2.00 **FBI: Most Wanted** 15/15. Jubal enlists Jess and his team to track down a DEA agent. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**



9.00 Elsbeth

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 Fire Country *See You Next Apocalypse:* 3/10. A family refuse to evacuate their property during an escalating wildfire. (S2)

9 PM

9.00 Elsbeth New episode *Tiny Town:* 11/20. Sparks fly between Elsbeth and a Scottish musician. (S2)

10 PM

10.00 Blue Bloods *Poetic Justice:* 8/21. Danny crosses paths with a criminal from a previous case while investigating a gang. (S13)
11.00 **FBI** 11&12/22. (S5)
1.00 AM **Fire Country** 5/10. (S2)
2.00 **The Rookie** New episode 8/18. Crime drama. (S7)
3.00 **The Good Doctor** 20/22. (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **The Sopranos** (S6)
10.00 **Six Feet Under** (S1)
12.05 PM **Game of Thrones** (S8)
1.30 **Gangs of Milan: Blocco 181**
3.25 **The Sopranos** 18/21. Christopher crashes the car.
4.25 19/21. AJ takes drastic action to end his misery. (S6)
5.25 **Six Feet Under** 5/13. Nate has a disturbing encounter with Brenda's brother.
6.30 6/13. Nate uncovers his father's secrets while sorting through the accounts. (S1)

6.30 Six Feet Under

7.35 Game of Thrones *The Bells:* 5/6. Varys betrays his queen, and Daenerys brings her forces to King's Landing as the explosive final battle for the Iron Throne begins. (S8)

9.00 The Gilded Age New episode *A Different World:* 5/8. Gladys has trouble adjusting to her new circumstances. (S3)

10.05 Catherine the Great 4/4. In the final episode, Potemkin is forced to fight for Catherine and for Russia once again. (S1)
11.20 **Homicide: Life on the Street**
12.20 AM **The White Lotus** 1/7. (S2)
1.30 **Big Little Lies** 4/7. (S2)
2.30 **The Leftovers** 5/10. Matt tries to get answers. (S2)
3.30 **Game of Thrones** As 7.35pm.
4.55 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 12/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 18/22. (S1)
12.00 NOON **The Flash** 13/13. (S9)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** 9/22. (S13)
4.00 **S.W.A.T.** 4/22. (S5)
5.00 **SEAL Team** 17/22. Mandy makes a move that could cost her everything. (S1)
6.00 **Stargate Atlantis** 19/20. Part one of three. The team members defend themselves against the Wraith. (S1)

8.00 Rob Beckett's Smart TV

7.00 Stargate Atlantis *The Siege – Part Two:* 20/20. The Wraith close in and the future of the city looks bleak. (S1)

8.00 Rob Beckett's Smart TV With David Mitchell, Kadiff Kirwan, Anna Richardson and Ryan Sampson.

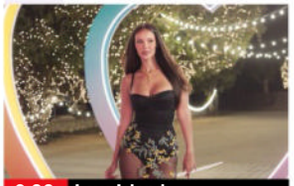
9.00 FILM Final Score Action drama starring Dave Bautista. An ex-soldier is forced into action when terrorists take control of a packed football stadium. (2018, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Mr Bigstuff** 1&2/6. Comedy drama, starring Danny Dyer and Ryan Sampson. (S1)
12.00 M'T **Warrior** 7/10. (S1)
2.00 AM **Road Wars** Vehicle crime.
1.00 **Brit Cops: War on Crime**
3.00 **NCIS: Los Angeles** 9/22. (S13)
4.00 **S.W.A.T.** 4/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Celebrity Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt Lake City** Reality series.
12.05 PM **Celebrity Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex: Italia**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt...**
6.00 **Celebrity Catchphrase**



9.00 Love Island

7.00 Deal or No Deal Stephen Mulhern hosts as Alex takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA There's nothing funny about Flagg and Bobby's Birchwood open house, but Tracy gets to have fun.

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.05 G'wed 3/5. The countdown for a legendary party. (S2)
10.45 Family Guy 1/18. The Griffins find themselves stuck in Springfield. (S13)
11.10 **Family Guy** 17/21. (S12)
11.40 **American Dad!** 18/22. (S11)
12.40 AM **Bob's Burgers** (S14)
1.10 **Plebs** 7/8. (S2)
1.45 **G'wed** As 10.05pm.
2.20 **Totally Bonkers Guinness World Records**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal**
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Ring Out Your Dead:* The bell-ringers of Midsomer Wellow are murdered one by one.
5.50 **Heartbeat** *Lost and Found:* A seemingly open-and-shut inquiry prompted by a lost suitcase reveals a family feud.

8.00 Grace

6.55 Heartbeat *A Bird in the Hand:* Nick gets involved in a dispute, and Kate tries to track down the source of a rare disease.

8.00 Grace *Looking Good Dead:* The detective believes a serial killer might be on the loose after a schoolteacher is found dead in Brighton and human remains are discovered in a field.

10.00 Foyle's War *Among the Few:* Sam and Foyle are shot at and almost run over by a speeding vehicle, and the ensuing investigation reveals the detective's son is involved.
12.00 M'T **Broadchurch** 1/8. A detective investigates the death of an 11-year-old boy.
1.00 AM 2/8. Suspicious items are found under Danny's bed.
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
3.15 **Sign Zone: Island Crossings** Documentary.
4.15 **Sign Zone: Grand Tours of Scotland's Rivers**
4.45 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Scotland's Greatest Escape** Double bill.
8.55 **Beechgrove Repotted**
9.00 **Inside Barlinnie**
10.00 **River City** New episode Emma desperately attempts to reignite her relationship with Harry.
10.30 **Situationships with Sophie and Christine**
11.00 **Kyle Falconer: Love & Chaos** Documentary.
11.45 PM **to 12.00** M'T
NEW Tune Hip-hop artist Supermann on da Beat releases the first EP of his own music.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto**
9.00 **The Conners** (S5)
10.00 **Dice** 3&4/7. (S2)
11.20 **Flight of the Conchords** (S1&2)
12.40 PM **Silicon Valley**
2.00 **Dice** 3&4/7. (S2)
3.15 **High Maintenance** (S1)
4.25 **Flight of the Conchords** (S1&2)
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 5/10. Cracks begin to show in Richard's partnership.
8.25 6/10. Richard looks for support. (S4)
9.00 **Tracey Ullman: Live & Exposed** The actor and comedian takes to the stage in Los Angeles.
10.30 **Jerrod Carmichael: Don't Be Gay**
11.30 **Curb Your Enthusiasm**
12.40 AM **Entourage** (S1)
1.40 **2 Dope Queens** (S1)
2.40 **Hung** 1&2/10. (S1)
4.05 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Darbar Festival 2023**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Charles Hazlewood: Beethoven & Me**
3.00 **Classic Movies: Story of The Deer Hunter**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **NEW André Rieu: Love Is All Around** The violinist and his Johann Strauss Orchestra perform in Maastricht.
10.00 **Musical Masterpieces**
11.00 **Jacqueline du Pré: Genius and Tragedy**
1.00 AM **Lily and Lolly: The Forgotten Yeats Sisters**
2.30 **Art Matters**
4.00 **Landmark**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *11001001:* 15/26. A computerised race manages to take over the *Enterprise.* (S1)
8.00 **Star Trek: Deep Space Nine** *Tribunal:* 25/26. O'Brien is arrested by the Cardassian Gul Evek. (S2)
9.00 **FBI** 13&14/19. (S2)
11.00 **Grimm** 19/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Kelly G takes on the Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Carolyn takes on the Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 7/8. (S1)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 9&10/25. (S1)
12.00 NOON **Highway to Heaven** 6/25. (S1)
1.00 PM **Father Dowling Mysteries** 4/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 18&19/26. (S7)
9.00 **FILM Jerry Maguire** Romantic comedy starring Tom Cruise as an idealistic sports agent who finds support from a single mother and an American football star. (1996, 15, 139min) ★★★★
11.55 **The Avengers** (S6)
12.55 AM **M*A*S*H** (S7)
1.55 **Hart to Hart** 23/24. (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **The Professionals**
8.00 **Giant Lobster Hunters**
8.55 **Kojak**
10.00 **Magnum, PI**
11.00 **Tour de France Highlights**
12.00 NOON **The Return of Sherlock Holmes** Drama.
1.05 PM **Kojak**
3.15 **Magnum, PI**
4.20 **Minder**
5.25 **The Professionals**
6.25 **Made in Britain** A master baker creating Eccles cakes.

11.10 U.S. Marshals

7.00 **Tour de France Highlights** Gary Imlach presents news on the second rest day, featuring a recap of all the action.

8.00 **Goodwood Festival of Speed** A celebration of motor racing from its beginnings to the present from Goodwood Estate.

9.00 FILM **Mechanic: Resurrection** Action thriller sequel starring Jason Statham. Arthur Bishop is blackmailed by his arch-enemy into committing three assassinations when his girlfriend is kidnapped. (2016, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 FILM **U.S. Marshals** Action thriller sequel to *The Fugitive*, starring Tommy Lee Jones. (1998, 15, 131 min) ★★★
1.30 AM **Motorsport UK**
2.30 **Two and a Half Men**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 13/26. (S7)
2.00 **Atlantis** 6/13. (S2)
3.00 **Stargate Atlantis** 10/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 13/26. (S7)
6.00 **Star Trek: Enterprise** 24/24. Archer leads a team in a bid to stop the Xindi superweapon from reaching Earth. (S3)

9.50 The Leftovers

7.00 **Atlantis** *The Grey Sisters:* 6/13. Jason embarks on a dangerous quest in a bid to save Ariadne. (S2)

8.00 **Stargate Atlantis** *The Lost Boys:* 10/20. Part one of two. The crew members discover Ford living on a desert planet. (S2)

9.00 **The Walking Dead** *Open Your Eyes:* 7/22. Alpha and Beta have reservations about someone. (S10)

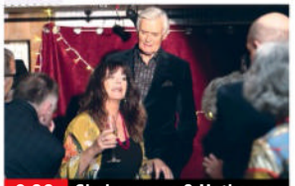
9.50 **The Leftovers** *Pilot:* 1/10. New York locals come to terms with the disappearance of two percent of the world's entire population. (S1)

11.10 **Wynonna Earp** 10/12. The Earps are suspicious when a mysterious woman knows too much about their legacy. **12.00** M'T 11/12. Wynonna has yet another run-in with the Revenants. (S3)
1.00 AM **True Blood** 7&8/12. (S5)
3.00 **Room 104** 11 & 12/12. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **WPC 56** 5/5. (S3)
11.00 **Hudson & Rex** 6/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 6/6. Period drama. (S1)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S9)
4.00 **WPC 56** 5/5. (S3)
5.00 **Hudson & Rex** 6/16. Charlie and Rex race a to prevent a case from blowing up. (S4)
6.00 **Father Brown** *The Requiem for the Dead:* A child killer is discovered murdered.



9.00 Shakespeare & Hathaway

7.00 **Miss Scarlet and the Duke** 6/6. Eliza pieces the puzzle together to find out what really happened to her dad. (S1)

8.00 **Death in Paradise** *An Artistic Murder:* 3/8. Humphrey and the team investigate the shooting of Fidel's old friend. (S3)

9.00 **Shakespeare & Hathaway: Private Investigators** 5/10. A missing person's case takes a dramatic turn.

10.00 **Shakespeare & Hathaway: Private Investigators** 6/10. Frank and Lu investigate a fire at a salon. (S3)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke**
1.00 AM **Elementary** 5/13. A tech billionaire receives a threat he suspects originated from his own company. (S7)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
9.30 **Ever Decreasing Circles**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.25 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Still Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Ever Decreasing Circles**
6.00 **Keeping Up Appearances**
6.40 **Are You Being Served?**

8.40 Still Open All Hours

7.20 **Dad's Army** Captain Mainwaring lets Frazer take charge of the platoon.

8.00 **Dad's Army** Mainwaring orders his platoon to guard the bank's money.

8.40 **Still Open All Hours** Granville's plans to open a coffee shop cause a stir in the neighbourhood.

9.20 **The Vicar of Dibley** Geraldine transforms the church into an ark.

10.00 **The Royle Family** Nana calls round at the house.

10.40 **The Fast Show** The Suit You tailors get a taste of their own medicine.
11.20 **Not Going Out**
12.00 M'T **Absolutely Fabulous**
12.40 AM **The Vicar of Dibley**
1.20 **The Royle Family**
2.00 **The Fast Show**
2.40 **Not Going Out**
3.10 **to 4.00** AM **Absolutely Fabulous**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Travel Man: 48 Hours in Madrid** With Ellie Taylor.
7.35 **Storage Hunters UK**
8.00 **Special Ops: Crime Squad UK**
10.00 **Trawlermen: Hunting the Catch** Documentary.
11.00 **Rick Stein: From Venice to...**
12.00 NOON **Storage Hunters UK**
2.00 PM **Trawlermen: Hunting the Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers Everyday Gourmets** Luxury lunches.
6.00 **Rick Stein: From Venice to Istanbul** Greek Peloponnese.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Marcus Brigstocke, Terry Christian, Jimmy Carr and Jamelia.
7.40 **Richard Osman's House of Games** With Chizzy Akudolu and Miles Jupp. **8.20** With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh.

9.00 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz show, with guests Ivo Graham and Helen Lewis.

10.00 **QI XL** Guests Rob Brydon, Sandi Toksvig, Fred MacAulay and regular panellist Alan Davies join host Stephen Fry.
11.00 **Taskmaster** With James Acaster, Jessica Knappett, Kerry Godliman, Phil Wang and Rhod Gilbert.
12.00 M'T **Mock the Week**
12.35 AM **Would I Lie to You?**
1.55 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Sun, Sea and Selling Houses**
10.00 **Help! We Bought a Village** Documentary.
11.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Bake Off: The Professionals**
8.00 **Kirstie and Phil's Love It or List It** In Harrogate.
9.00 **24 Hours in Police Custody: The Murder Messages** A couple who suffered a series of anonymous attacks.
10.00 **Super Surgeons: A Chance at Life**
11.00 **Celebrity Gogglebox**
1.05 AM **Crime Scene Cleaners** Documentary.
2.05 **In the Footsteps of Killers** Documentary.
3.05 **999: On the Front Line**
4.05 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 19–21/24. (S3)
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order** (S13)
6.00 **NCIS** *Smoked:* 10/24. FBI agents try to seize control of an investigation. **7.00** *Driven:* 11/24. A robotic vehicle causes the death of a Navy lieutenant. **8.00** *Suspicion:* 12/24. A Marine intelligence officer is murdered. (S4)
9.00 **NCIS: Hawaii** New episode *Money Honey:* 17/22. The team try to catch a dangerous high-value government target with the help of an informant. (S2)
10.00 **Law & Order: Special Victims Unit** (S15)
12.00 M'T **The Resident** (S1)
1.55 AM **Law & Order** (S5)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** The resuscitation unit reaches full capacity.
9.00 **Ambulance: Code Red** A man collapses at the wheel and crashes his car in the street.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **GPs: Behind Closed Doors**
1.00 AM **Absentia** New episode (S3)
2.40 **Quantico** 7/13. (S3)
3.30 **Home and Away**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Motorway Patrol**
9.40 **Traffic Cops**
10.40 **Police Interceptors**
12.40 PM **The Motorway**
1.45 FILM **Angel and the Badman** Western with John Wayne. (1947, b/w, U, 100min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Speeders**
8.00 **Police Interceptors** The unit rescue a man pinned under a tractor.
9.00 **Ice Road Truckers** The ice roads begin to crack.
10.00 **Ice Road Truckers**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Junior USA** Culinary series.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance**
8.00 **The Secret Life of 4, 5, 6 Year Olds Australia**
9.00 **Stacey Dooley Sleeps Over USA** Stacey meets a 9-year-old who owns 36 guns and has a YouTube channel.
10.00 **999 Rescue Squad** A teenager is found with multiple stab wounds in the street near his home. **11.00** The team treat a lorry driver trapped behind his steering wheel.
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia** Culinary show.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 4/10. (S1)
4.00 **Lovejoy**
5.20 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *The Word of God:* 4/4. A body is found frozen on a meat truck. (S4)
10.00 **New Tricks**
11.00 **Spooks** 3/10. (S3)
12.20 AM **Pie in the Sky**
1.20 **'Allo 'Allo!**
1.55 **Birds of a Feather**
2.35 **Sister Boniface Mysteries** 1/10. (S1)
3.25 **to 4.00** AM **Last of the Summer Wine**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Norfolk.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** A trip to the West Country. **8.00** Phil Serrell and Catherine Southon travel into Hampshire.
9.00 **The Yorkshire Auction House** New edition Angus Ashworth and his team perform more house clearances. **10.00** A widow discovers her late husband's collection is valuable. **11.00** A collection in Sutton Coldfield.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Eamonn Holmes and Holly Willoughby compete.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **FILM Kentucky Rifle** Western adventure. (1956, U, 84min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza**
1.00 PM **FILM Death Rides a Horse** Western. (1969, 15, 111 min) ★
3.25 **FILM The True Story of Jesse James** Western. (1956, PG, 92min) ★★
5.30 **Wanted: Dead or Alive**
6.00 **Bonanza** 29/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Dragon Eyes** Martial arts drama. (2012, 18, 87min) ★★
11.00 **FILM Bullet to Beijing** Espionage thriller sequel. (1995, 15, 101 min) ★★
1.15 AM **FILM Super Collider** Action thriller. (2013, PG, 90min) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

6.00 AM **FILM No Surrender** Thriller. (2011, PG) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM Running Away** Thriller. (2017, PG) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Obsession** Thriller. (2011, U) ★★
3.00 **FILM Her Son's Deadly Secret** (2018, PG) ★★
5.00 **FILM Cries in the Dark** Thriller. (2006, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM A Martha's Vineyard Mystery: Ships in the Night** Drama. (2021, PG) ★★
10.55 **FILM An Aurora Teagarden Mystery: A Bundle of Trouble** Thriller. (2017, U) ★★
1.00 AM **FILM Instakiller** Thriller. (2018, 12) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM A Stolen Past** (2018) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Stepping Into Love** (2023, PG) ★★
10.00 **FILM Home by Spring** Drama. (2018, PG) ★★
11.55 **FILM South Beach Love** Comedy. (2021, PG) ★★
2.00 PM **FILM The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
4.00 **FILM Wedding of Dreams** Romantic drama. (2018, PG, 85min) ★★
6.05 **FILM Wedding Wonderland** Drama. (2017, PG, 92min) ★★
8.00 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
10.05 **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
12.00 M'T **FILM My Best Friend's Bouquet** Drama. (2020, U) ★★
2.05 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Wedding Rule** Comedy. (2023, U, 90min) ★★
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Carry On Laughing** 7/7. (S2)
12.30 PM **You're Only...**
1.00 **Born Free** 9/13. (S1)
2.00 **The Last Days of Pompeii** 3/3. (S1)
3.45 **Auto Rewind**
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves**
8.30 **A Sharp Intake of Breath** 4/6. (S4)
9.00 **Bramwell** 4/10. (S3)
10.00 **Soap** 10/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Great Smokey Roadblock**
2.05 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A new generation of captain steps up to harness the Bering Sea. **8.00** The *Northwestern* catches fire while alone on the water.
9.00 **My Feet Are Killing Me** A woman hopes Dr Vincent can help with the black, bark-like growth on her foot. **10.00** A former athlete seeks expert help.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **City Bakes**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Forever Summer...**
10.00 **The Hairy Bikers...**
11.00 **Great British Bake Off**
1.00 PM **City Bakes**
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Forever Summer with Nigella** Double bill.
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Tom Kerridge's Best Ever Dishes**
10.00 **Maneet's Eats**
10.30 **Nadiya's Fast Flavours**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 9/25. (S7)
9.00 **The Fall Guy** 7/23. (S2)
10.00 **Knight Rider** (S3)
11.00 **FILM 7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
12.50 PM **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
3.20 **FILM The Great Alaskan Race** Drama. (2019, PG, 87min) ★★
5.00 **Star Trek** 25/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** 8/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Safe** Action thriller starring Jason Statham. (2012, 15, 90min) ★★★
10.55 **FILM Crank** Thriller with Jason Statham. (2006, 18, 88min) ★★★★
12.40 AM **FILM 8 Million Ways to Die** Thriller. (1986, 18, 115min) ★★
2.55 **to 4.50** AM **FILM The Devil Rides Out** Horror. (1967, 15) ★★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Wyvern** As shown at 5.00pm.
8.00 **FILM The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Warbirds** Drama. (2008, 15, 87min) ★★
1.00 PM **The Gambler: The Adventure Continues**
3.00 **The Lost World** (S3)
4.00 **The A-Team** 25/25. (S3)
5.00 **FILM Wyvern** Horror starring Nick Chinlund. (2009, 15, 84min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 1/23. (S4)
9.00 **FILM Zulu** Historical action adventure starring Stanley Baker. (1963, PG, 138min) ★★★★★
11.40 **FILM The Curse of the Mummy's Tomb** Horror starring Terence Morgan. (1964, 15, 80min) ★
1.15 **to 3.00** AM **FILM Stake Land II** Horror sequel. (2016, 15, 85min) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Chesterfield.
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Skinwalker Ranch** Double bill.
10.00 **Cities of the Underworld**
11.00 **Forbidden History**
12.00 M'T **Strangest Things**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Dorset.
12.00 NOON **Malta: The Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo: Murder Under Glass**
5.30 **Walking Victorian Britain** In Birmingham.
6.00 **The Good Ship Murder**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Susan Calman's Cruise of a Lifetime**
10.00 **Summer in the Scilly Isles** Presenter Fern Britton explores life in the Scilly Isles.
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald** In Iceland.
1.00 AM **The Hotel Inspector**
3.00 **Ben Fogle: New Lives in the Wild** In Australia.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Dorset.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **NEW SERIES Mini Reni** An indoor garden-feel for a house interior. **9.30** New edition Creating a dream pantry.
10.00 **Celebrity IOU** New edition Jennifer Jason Leigh hopes to surprise a friend.
11.00 **Home Town** New edition A home for a couple.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life**
9.00 **Welcome to Plathville** Olivia and her long-distance boyfriend rendezvous in Arizona.
10.00 **Sister Wives**
11.00 **Take My Tumour**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Sister Wives**
3.00 **Take My Tumour**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S2)
1.00 PM **Friends** (S1&2)
7.00 **Friends** 5/24. Ross celebrates his birthday. **7.30** 6/24. Monica accidentally poisons Ross. **8.00** 7/24. Rachel confesses all to Ross. **8.30** 8/24. Ross makes a list of Rachel's good and bad points. (S2)
9.00 **Michael McIntyre: Hello Wembley!**
10.00 **Al Murray Live – Barrel of Fun** Stand-up show.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park** (S12)
2.00 AM **Broad City** (S1)
3.00 **Nigel Ng: The Haiyaa Special** Stand-up show.
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 1&2/13. (S1)
11.00 **Friends** 14-17/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 3&4/13. (S1)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S2)
9.00 **Friends** 17/24. Rachel and Monica fall out. **9.30** 18/24. Rachel and Monica lose to Chandler and Joey at poker. (S1)
10.00 **Friends** (S1,2&3)
1.00 AM **Beavis and Butt-Head** (S1&2)
2.00 **Reno 911!** (S7)
2.55 **The Ricky Gervais Show**
3.45 **Whose Line Is It Anyway? USA**
4.30 **Ed Byrne: Spoiler Alert**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 3&4/12. (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Officers combat vehicle crime.
10.00 **Stella** 1&2/11. (S5)
12.00 M'T **The Russell Howard Hour** With Iain Stirling and Katie Piper.
1.00 AM **A League of Their Own** Sports quiz.
2.00 **Road Wars** As 9.00pm.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The Dramatic**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Catfish: On The Run**
5.00 **Catfish: The TV Show**
7.00 **Celebs on the Farm**
8.00 **Teen Mom UK: Next Generation**
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: OGs vs. Young Guns** New edition
11.00 **Ink Master Redemption** New edition Gentle Jay comes back to the shop.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition With Rob, Steelo and Karrueche.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love At First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water**
5.00 **Building Off the Grid** Innovative designer and builder Graham Hill transforms a steep Maui jungle plot into a hi-tech dream home.
6.00 **Border Control: Spain** Double bill following the work of the Security and Customs Services at Spain's borders.

11.00 Border Control Poland

7.00 **Wheeler Dealers** Mike finds a 1992 Corrado G60 smothered in aftermarket mods, but Elvis vows to get this project done.
8.00 **Outback Truckers** Stranded in blistering heat, Mark has to improvise to get his truck back on the road.
9.00 **Alaska: Homestead Rescue** Marty responds to a new call for help from the Welchels, who struggle to manage their 40-acre homestead after their ranch hand left.
11.00 **Border Control Poland** A scanner alerts customs officers to a suspicious van.
12.00 M'T **Moonshiners**
1.00 AM **Alaska: Homestead Rescue** As 9.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** A mermaid tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A feline that is tearing up furniture.
4.00 Jackson tries to stop a cat's uncontrollable spraying.
5.00 **Lone Star Law** The work of the Texas Game Wardens.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats an English bulldog who swallowed a rock.

6.00 Dr Jeff: Rocky Mountain...

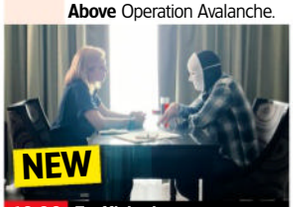
7.00 **Animal Cribs** Antonio Ballatore sets out to build a barn for two mini horses that currently sleep in the house.
8.00 **Expedition Bigfoot** Russell finds a structure he thinks is a Bigfoot nest, while Ronny and Mireya collect DNA samples.
9.00 **Alaska: The Last Frontier** Atz Sr, Bonnie and Shane try to defend the head of the bay against grizzly bears.
10.00 **Alaskan Bush People** The Browns raise the defences when they find evidence that a predator is stalking the ranch.
11.00 **Pit Bulls & Parolees** Hurricane Isaac tears its way through New Orleans.
12.00 M'T **Crikey! It's the Irwins** A crocodile is relocated.
1.00 AM **Expedition Bigfoot**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mutant Weather**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Colossal Machines**
2.00 PM **Inside the SS**
4.00 **World's Greatest Train Journeys from Above** The Ghan, Australia's most luxurious train, which crosses an entire continent.
5.00 **Car S.O.S** A 1987 MG Metro 6R4 rally car is restored.
6.00 **World War II: Secrets from Above** Operation Avalanche.



10.00 Trafficked

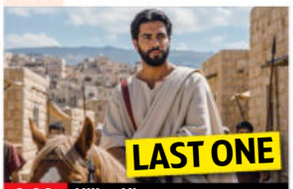
7.00 **Air Crash Investigation** The crash of a Boeing 737 in a remote part of the Amazon jungle in September 1989.
8.00 **Air Crash Investigation** Aviation experts investigate what caused the explosion of Itavia Flight 870 in June 1980.
9.00 **Disaster Autopsy** The Champlain Towers Condominium collapse in Surfside, and the Kings Cross train station fire.
10.00 **NEW SERIES Trafficked with Mariana Van Zeller** The complex and dangerous inner workings of the black market.
11.00 **Air Crash Investigation** A jet crashes in the Swedish Arctic.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Abandoned** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There** Leaked video of a UFO.
1.00 PM **Holy Marvels with Dennis Quaid** As 8.00pm.
2.00 **Mountain Men**
2.55 **Pawn Stars** An original sketch from a popular animation.
3.15 **Secrets in the Sand**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers**



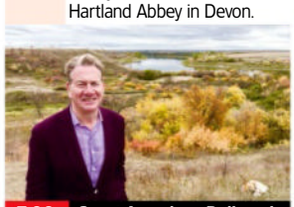
9.00 Killer Kings

7.00 **Forged in Fire** Three bladesmiths head to historic Mystic Seaport for a nautical-themed smithing competition.
8.00 **NEW SERIES Holy Marvels with Dennis Quaid** The presenter explores various beliefs surrounding the afterlife.
9.00 **Killer Kings** Series finale The case against Herod the Great, who stood accused of murdering his own wife and children.
10.00 **Discovered by Disaster** New edition A look at the unexpected things that are revealed by catastrophic disasters.
11.00 **What on Earth?** A strange sighting in Germany points to secrets from the Cold War.
12.00 M'T **Encounter: UFO** First-hand UFO experiences of the most terrifying kind.
12.55 AM **The Proof Is Out There**
1.50 **Killer Kings** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars** Vintage posters.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases** A chilling discovery in Eastern Canada.
5.00 **World War Weird** How Russian scientists tried to create a human-ape hybrid.
6.00 **Antiques Roadshow** From Hartland Abbey in Devon.


7.00 Great American Railroad...

7.00 **Great American Railroad Journeys** Michael Portillo heads across Manitoba into the province of Saskatchewan.
8.00 **Canal Boat Diaries** An epic aqueduct near Stratford-upon-Avon.
8.30 A 170-mile journey across northern England.
9.00 **Tropic of Capricorn** Simon Reeve embarks on the third leg of his journey, crossing the vast expanse of mainland Australia.
10.00 **Bangers & Cash** Paul is doing the pick-ups in Lancashire where a rare 1960 Vauxhall Cresta PA Friary estate awaits.
11.00 **Bangers & Cash** Derek gives the once-over to a Royale Formula Ford, and Paul is on a marathon trip to Teesside.
12.00 M'T **Abandoned Engineering** The desert town that faced a disaster of biblical proportions.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The experts repair a lawnmower and a belt.
8.00 **Shed and Buried** Henry and Fuzz check out Nir's collection of vehicles.
9.00 **Wheeler Dealers World Tour** Mike Brewer and Elvis Priestley advise on a McLaren P1 build.
10.00 **MotoGP Highlights** Grand Prix of Czechia.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** True-crime.
12.00 NOON **Married to Evil**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition
10.00 **American Detective...**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears...**
2.00 AM **Murder Comes to Town** A twisted case.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Karyn Slover leaves her desk at 5pm and is never heard from again.
8.00 **Millionaire Murders** When Anthony Ashley-Cooper vanished in 2005, family feared he had been kidnapped.
9.00 **Shocking Crimes: Murder Book** A young woman's remains are found in a steel drum.
10.00 **It Takes a Killer** A serial killer murders victims with 'kill kits'.
10.30 A look into the disappearance of a surgeon's wife.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** A policeman's home is burned to the ground.
4.30 The wife of a Marine is charged with his murder.
5.00 A woman who accused her husband of attacking her.
5.30 The abduction of an 18-year-old girl.
6.00 The analysis of hair that was found at a murder scene pinpoints the perpetrator.
6.30 A Los Angeles-based kidnapping ring run by Russian immigrants is exposed.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **The Force: Manchester**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Victor Farrant.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **The Killer Within**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Murder Uncut**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
9.30 **The World After Stonehenge**
10.35 **The Children of Chaos**
11.45 **Secret Battle for the Ho Chi Minh Trail: The Misty Experiment**
1.00 PM **Full Steam Ahead**
2.15 **The World After Stonehenge**
3.25 **One PM Central Standard Time**
5.20 **Secret Battle for the Ho Chi Minh Trail: The Misty Experiment**
6.35 **Full Steam Ahead**
7.55 **The World After Stonehenge** A look at the age of Celtic Britain.
9.00 **Massacre in Vietnam: My Lai** Barak Goodman investigates the events in My Lai in March 1968.
10.50 **Secret Battle for the Ho Chi Minh Trail: The Misty Experiment**
12.00 M'T **to 2.00** AM **Massacre in Vietnam: My Lai**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Basil Rathbone**
8.00 **The Directors** Steven Spielberg.
8.55 **The Vow** Keith Raniere.
10.00 **UFO** Documentary.
11.00 **Lockerbie** True crime.
12.00 NOON **Ali & Cavett: The Tale of the Tapes** A look at Muhammad Ali's appearances on *The Dick Cavett Show*.
2.00 PM **Magic & Bird: A Courtship of Rivals** Documentary.
3.50 **My Icon: Shaun Gayle**
4.00 **Discovering: Basil Rathbone**
5.00 **The Directors** Steven Spielberg.
5.55 **The Vow** Nancy recalls her first interactions with Keith Raniere.
7.00 **Lockerbie** Documentary.
8.00 **Six Silent Killings: Ireland's Vanishing Triangle**
9.00 **Gary** The life of Gary Coleman.
11.00 **I Am Bruce Lee**
1.00 AM **The Directors**
2.00 NEW **Dear Ms: A Revolution in Print** The history and complex legacy of *Ms* magazine.
4.10 **The Directors** Steven Spielberg.
5.05 **to 6.00** AM **Discovering: Basil Rathbone**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** True-crime.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain with Dermot Murnaghan** Glyn Dix.
3.00 **Murdertown**
4.00 **Cops Gone Bad with Will Mellor** Timothy Brehmer.
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder By Medic**
9.00 NEW SERIES **When Missing Turns to Murder** Double bill.
11.00 **Faces of Evil** Phillip Austin.
12.00 M'T **Murder By Medic**
1.00 AM **When Missing Turns to Murder** Double bill of editions.
3.00 **Last Night Out** New edition
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.50 **Secret Army** Double bill.
1.15 PM **David Copperfield**
3.35 **The Dick Emery Show**
5.10 **Secret Army** Double bill.
7.35 **David Copperfield** 2/5. Mr Murdstone puts David to work in his London wine business, and David boards with the Micawbers who live under harassment from creditors. **8.45** 3/5. David is sent to a public school where he lives with a lawyer, Mr Wickfield, and the widower and his daughter welcome David's company. (S1)
9.55 **The Dick Emery Show** Triple bill of comic sketches from the bizarre cast of characters played by the multi-faced funnyman.
11.40 **Louis Theroux: Extreme Love – Autism** Louis visits a school in America for children and young adults with autism.
12.40 AM **Secret Army**
1.55 **David Copperfield**
3.55 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Living Beach**
11.00 **Wildlife ER**
12.00 NOON **My Best Friend's an Animal** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Living Beach**
5.00 **Wildest New Zealand**
6.00 **My Best Friend's an Animal**
7.00 **Monkey Life** Double bill.
8.00 **Airborne** Documentary.
9.00 **Secret Life of the Tasmanian Devil** The marsupial native only to the Australian island.
10.00 **My Best Friend's an Animal**
11.00 **Wildest New Zealand**
12.00 M'T **Wildlife ER**
1.00 AM **Planet Weird**
2.00 **Airborne** Documentary.
3.00 **Secret Life of the Tasmanian Devil** As shown at 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Jaws Vs Boats**
3.00 **Heartland Docs**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Doctors save a cougar with an abscess.
8.00 **Cannibal Sharks** Evidence of sharks attacking each other.
9.00 **Saved from a Shark** First-hand accounts of people who believe dolphins and whales saved them from shark attacks.
10.00 **Alaska: The Next Generation** The Arctic winter hits Alaska and temperatures drop below zero.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 141 166

8.00 AM **Evil Lives Here**
9.00 **Evil Lives Here: Shadows of Death** Double bill of editions.
11.00 **Swamp Murders**
1.00 PM **Evil Online**
3.00 **Deadly Secrets**
5.00 **Betrayed** Double bill.
7.00 **Truth About Murder with Sunny Hostin** Examining the murder of Malinada Gibbons. **8.00** A crime in which two people were attacked by a stranger in a park in Texas.
9.00 **Faking It: Tears of a Crime** A man who falsely claimed he had survived the Grenfell fire.
10.00 **American Monster** After years of shooting practice, a West Virginia beauty takes her hobby too far after her ex-husband allows her back into his home.
11.00 **Death by Fame**
12.00 M'T **Ken and Barbie Killers: The Lost Murder Tapes**
2.00 AM **Betrayed** Double bill.
4.00 **to 6.00** AM **Truth About Murder with Sunny Hostin**

+1 hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens: Secret Science** Documentary.
7.00 **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Swamp Mysteries**
10.00 **Blown Away**
11.00 **Ancient Aliens: Secret Science**
12.00 NOON **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Swamp Mysteries with Troy Landry** The Skunk Ape.
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **UFO Hunters**
6.00 **Combat Trains**
7.00 **What on Earth?** Documentary.
8.00 **Auction Hunters** Double bill.
9.00 **Queens of Ancient Egypt**
10.00 **Al Murray: Why Do the Brits Win Every War?**
11.00 **MonsterQuest**
12.00 M'T **Ancient Aliens: Secret Science** Documentary.
1.00 AM **Ancient Aliens**
2.00 **Hitler's Secret Sex Life**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **to 6.00** AM **UFO Hunters**

Discovery History

174 147 181 320 325

7.00 AM **The Dinosaur Feather Mystery** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **The Dinosaur Feather Mystery** Theories concerning the evolution of birds, explaining how feathered creatures can be traced back to winged dinosaurs.
9.00 **Secret Space Escapes** A collision causes the hull of the Mir space station to leak.
10.00 **How Do They Do It?**
11.00 **World's Top 5**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** Documentary.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** A pickup truck.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** Documentary.
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina**
9.00 **Richard Hammond's Workshop** Richard's workshop is open.
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** A 1920s pickup truck.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **Sky Cinema Preview**
7.15 **William Tell** As 8.00pm.
9.30 **Juror #2** As 10.15pm.
11.30 **Buffalo Kids** As 1.50am.
1.10 PM **Wicked** Musical fantasy adventure with Cynthia Erivo. (2024, PG, 160min) ★★★★
3.50 **Sacramento** Comedy starring Michael Angarano and Michael Cera. (2024, 15, 89min) ★★★
5.30 **Gladiator II** Historical drama sequel with Pedro Pascal. (2024, 15, 148min) ★★★

5.30 Gladiator II

8.00 William Tell Historical drama starring Claes Bang, Connor Swindells and Ben Kingsley. During the 14th century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Juror #2 Thriller starring Nicholas Hoult. While serving as a juror, a man grapples with a serious moral dilemma. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Running on Empty** Comedy starring Keir Gilchrist. (2024, 15, 91min) ★★★
1.50 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
3.30 **The Luckiest Man in America** Drama with Paul Walter Hauser. (2024, 15, 90min) ★★★★
5.05 **to 6.50** AM **Sew Torn** Thriller. (2024, 15, 100min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.35 AM **Twins** As 2.15am.
8.35 **Junior** As shown at 4.10am.
10.35 **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
12.20 PM **Gorillas in the Mist** Drama. (1988, 12, 124min) ★★★★
2.35 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
4.15 **Mean Girls** Musical adaptation. (2023, 12, 112min) ★★★
6.10 **Bob Marley: One Love** Drama with Kingsley Ben-Adir. (2023, 12, 104min) ★★★

10.00 Superbad

8.00 Ocean's Eleven Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Superbad Raunchy teen comedy starring Jonah Hill and Michael Cera. Two high school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Holiday** Romantic comedy with Cameron Diaz. (2006, 12, 135min) ★★★
2.15 AM **Twins** Action comedy with Arnold Schwarzenegger. (1988, PG, 107min) ★★★
4.10 **to 6.10** AM **Junior** Comedy. (1994, PG, 110min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Cries and Whispers** (1972)
8.20 **True Grit** Oscar-winning Western. (1969, PG, 128min) ★★★★★
10.35 **The Good Half** As 1.55am.
12.20 PM **Aisha** Drama starring Letitia Wright and Josh O'Connor. (2022, 12, 94min) ★★★★
2.05 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
4.20 **Paper Moon** Comedy. (1973, b/w, PG, 100min) ★★★★
6.10 **Jackie** Drama starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
8.00 **Lost in Translation** Romantic comedy drama starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
9.55 **Minyan** Drama starring Samuel H Levine. In New York City during the 1980s, a young gay Russian immigrant looks to escape the constraints of his community. With Ron Rifkin. (2020, 15, 130min) ★★★
12.10 AM **Cries and Whispers** Swedish drama. Subtitled. (1972, 18, 106min) ★★★★★
1.55 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
3.45 **Tommy** (1975, 15) ★★★★
5.45 **to 7.30** AM **Wimbledon** Comedy. (2004, 12) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.20 AM **Riddick** As 11.40pm.
8.25 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
10.45 **King Kong** Monster movie. (2005, 12, 187min) ★★★★
2.00 PM **The Ring** Horror chiller. (2002, 15, 115min) ★★★
4.05 **Restore Point** Sci-fi thriller. (2023, 15, 115min) ★★★★
6.10 **I Am Legend** Sci-fi horror. (2007, 15, 101min) ★★★★
8.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
9.55 **Dark Skies** Thriller starring Keri Russell and Josh Hamilton. An Arizona family experience a series of unexplained events in their home which become increasingly disturbing. (2013, 15, 97min) ★★★
11.40 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
1.45 AM **Repo Man** Cult sci-fi thriller. (1984, 18, 92min) ★★★★
3.20 **Thanksgiving** Horror thriller. (2023, 18, 106min) ★★★
5.10 **to 6.40** AM **Out of Darkness** Horror. (2022, 15, 88min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.20 AM **Jack the Giant Slayer**
9.20 **Bean** (1997, PG) ★★★
11.00 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
12.40 PM **Johnny English** Comedy. (2002, PG, 88min) ★★★
2.15 **The Spiderwick Chronicles** Children's fantasy adventure. (2008, PG, 91min) ★★★★
4.00 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
6.00 **Stuart Little** Adventure. (1999, U, 84min) ★★★★★

7.35 **Stuart Little 2** Adventure sequel featuring the voice of Michael J Fox. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Reuniting the Rubins** Comedy drama starring Timothy Spall. A former lawyer attempts to grant his mother's dying wish. With Honor Blackman. (2010, PG, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Daddy Day Camp** Family comedy sequel starring Cuba Gooding Jr, Paul Rae and Richard Gant. (2007, PG, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Friend or Foe** Drama. (1981, U, 70min) ★★★
1.40 **Ride On** Action drama. (2023, PG, 126min) ★★★
3.50 **Paul Blart: Mall Cop 2** Comedy. (2015, PG) ★★
5.35 **to 7.20** AM **My Penguin Friend** (2024, PG) ★★★★

Sky Cinema Action

307 307 407 507 521

7.15 AM **Madame Web** Adventure. (2024, 12, 116min) ★★★
9.20 **Hancock** As 12.00m't.
11.05 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
1.10 PM **Fast & Furious 6** Thriller sequel starring Vin Diesel. (2013, 12, 125min) ★★★
3.30 **The Legend of Tarzan** Drama with Alexander Skarsgård. (2016, 12, 110min) ★★★
5.35 **Man of Steel** Adventure. (2013, 12, 143min) ★★★

8.00 **The Mummy** Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. With Kevin J O'Connor. (1999, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Mechanic** Thriller starring Jason Statham and Ben Foster. An assassin seeks to avenge the murder of his mentor. (2011, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Hancock** Action comedy. (2008, 12, 92min) ★★★
1.40 AM **Pompeii** Disaster movie. (2014, 12, 104min) ★★
3.35 **Police Story 3: Supercop** Crime action thriller sequel. (1992, 15, 91min) ★★
5.20 **to 7.15** AM **Project A, Part II** Chinese adventure. Subtitled. (1987, 15, 94min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

6.15 AM **Paul Dood's Deadly Lunch Break** As 1.10am.
8.05 **Kangaroo Jack** As 9.45pm.
9.50 **Ferris Bueller's Day Off**
11.40 **A Night at the Roxbury** Comedy. (1998, 15, 82min) ★
1.05 PM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
2.45 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
4.30 **48 Hrs** Comedy thriller. (1982, 15, 97min) ★★★★★
6.10 **Pixels** Comedy. (2015, 12) ★★

8.00 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. A baseball pitcher must spend $30million in 30 days to inherit an even bigger fortune. (1985, PG, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Kangaroo Jack** Comedy starring Jerry O'Connell. Two old friends get into trouble when cash for the mob falls into the paws of a wild kangaroo. (2003, PG, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Pixels** As shown at 6.10pm.
1.10 AM **Paul Dood's Deadly Lunch Break** Comedy thriller starring Katherine Parkinson, Tom Meeten and Kris Marshall. (2021, 15, 95min) ★★
2.50 **Ferris Bueller's Day Off** Teen comedy starring Matthew Broderick and Jennifer Grey. (1986, 12, 103min) ★★★★
4.40 **Sky Cinema Preview**
5.15 **to 7.00** AM **Brewster's Millions** As 8.00pm.

Sky Cinema Thriller

309 309 409 509 523

8.15 AM **Mona Lisa and the Blood Moon** As shown at 6.05pm.
10.05 **Boyz N the Hood** (1991)
12.00 NOON **The China Syndrome** Thriller starring Jane Fonda. (1979, PG, 122min) ★★★★
2.10 PM **Now You See Me** Thriller. (2013, 12, 115min) ★★★
4.10 **The Good Neighbour** Thriller. (2022, 15, 97min) ★★★
6.05 **Mona Lisa and the Blood Moon** Mystery thriller. (2021, 15, 106min) ★★★★

8.00 **Ocean's Eight** Crime caper starring Sandra Bullock, Cate Blanchett and Anne Hathaway. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Boyz N the Hood** Urban drama starring Larry Fishburne and Cuba Gooding Jr as a father and son confronting violence and racism in South Central LA. (1991, 15, 111min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **K-19: The Widowmaker** Cold War thriller with Harrison Ford and Liam Neeson. (2002, 12, 138min) ★★★
2.30 AM **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
4.40 **to 6.20** AM **Parallel** Fantasy. (2024, 15, 88min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Anzio** World War Two drama. (1967, PG, 117min) ★★★
1.25 PM **Patton** World War Two biopic starring George C Scott. (1969, PG, 163min) ★★★★
4.45 **The Man from Laramie** Western with James Stewart. (1955, U, 104min) ★★★
6.50 **Suffragette** Period drama starring Carey Mulligan and Helena Bonham Carter. (2015, 12, 104min) ★★★

Suffragette (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Transporter 2** Action thriller sequel with Jason Statham. A professional driver sets out to rescue the son of a politician from a vicious drug dealer. (2005, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Mission: Impossible – Rogue Nation** Spy thriller sequel with Tom Cruise. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.25 **to 3.40** AM **Fantasy Island** Horror comedy with Michael Peña. (2020, 15, 105min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

7.35 AM **Horizon: An American Saga – Chapter 1** Western. (2024, 15, 181min) ★★★★
10.35 **A Place Called Silence** Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min) ★★★
12.35 PM **A Mistake** Medical drama. (2024, 15, 101min) ★★★
2.20 **The Wasp** Thriller with Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
4.00 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
5.55 **Twisters** Disaster sequel. (2024, 12, 122min) ★★★★
8.00 **The Watched** Horror starring Dakota Fanning. A woman is stranded and stalked on an island. (2024, 15, 102min) ★★★
10.00 **Anora** Comedy starring Mikey Madison. A sex worker marries the son of an oligarch, but his family in Russia try to get the marriage annulled. (2024, 18, 139min) ★★★★★
12.25 AM **Skincare** Thriller with Lewis Pullman and Elizabeth Banks. (2024, 18, 86min) ★★★
2.05 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
3.40 **Sharp Corner** Crime thriller. (2024, 15, 110min) ★★★★
5.40 **to 7.30** AM **A Mistake** (2024)

Sky Cinema Greats

304 304 404 504 518

6.40 AM **Do the Right Thing** Drama. (1989, 15, 120min) ★★★★★
8.50 **Star Trek The Motion Picture**
11.15 **Star Trek II: The Wrath of Khan** As shown at 3.30am.
1.25 PM **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
3.45 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★★
6.05 **Congo** Michael Crichton's jungle adventure starring Laura Linney. (1995, 12, 108min) ★★★
8.00 **Superman** Sci-fi adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder and Marlon Brando. (1978, PG, 143min) ★★★★
10.25 **Blade Runner** Ridley Scott's thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. With Rutger Hauer. (1982, 15, 130min) ★★★★★
12.35 AM **The Godfather** Crime drama starring Marlon Brando. (1971, 15, 167min) ★★★★★
3.30 **Star Trek II: The Wrath of Khan** Adventure with William Shatner and Leonard Nimoy. (1982, 12, 113min) ★★★★
5.40 **to 8.00** AM **Vertigo** As 1.25pm.

Sky Cinema Animation

305 305 412 500 514

6.05 AM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
7.40 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
9.10 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
10.50 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
12.35 PM **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
2.15 **Angry Birds Movie** Animation. (2016, U, 97min) ★★★
4.00 **Trolls Band Together** (2023)
5.40 **Kung Fu Panda 2** Animated sequel. (2011, PG) ★★★★
7.20 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
8.55 **The Road to El Dorado** Animation. (2000, U) ★★★
10.30 **Trolls Band Together** Animation. (2023, U, 91min) ★★★
12.05 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
1.30 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★
2.55 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
4.35 **to 6.10** AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★

Movies 24

312 313 419

7.00 AM **To Have and to Holiday** Drama. (2024, PG, 90min) ★★
9.00 **Hanukkah on Rye** Romantic comedy. (2022, PG, 90min) ★★
11.00 **The Christmas Quest** Festive drama. (2024, PG, 90min) ★★
1.00 PM **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
3.00 **Three Wise Men and a Baby** Comedy starring Paul Campbell. (2022, PG, 90min) ★★
5.00 **A Very Merry Mix Up** Romantic comedy. (2023, PG, 90min) ★★
7.00 **Deck The Halls on Cherry Lane** Festive drama starring Brooke D'Orsay and Sam Page. (2024, PG, 90min) ★★
9.00 **Our Holiday Story** Drama starring Nikki Deloach. A couple recount the story of how they first met as professional rivals forced to work together. (2024, PG, 84min) ★★
11.00 **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
1.00 AM **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Believe in Christmas** Romantic comedy. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 2/38. (S1)
6.35 **Kill Her Gently** Crime thriller. (1957, b/w, PG, 73min) ★★
8.05 **What's On TPTV with Noel**
8.15 **Paul Temple's Triumph** Drama. (1950, b/w, U, 81min) ★★
9.50 **Girls Galore** The Goon Show.
10.15 **Mohawk** Western starring Scott Brady. (1956, PG, 79min) ★★
11.50 **Grand National Night** Thriller. (1953, b/w, PG, 81min) ★★
1.25 PM **A Matter of Murder** Drama. (1949, b/w, PG, 59min) ★★
2.35 **Robinson Crusoe** Adventure. (1954, U, 90min) ★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 23/39. (S1)
5.30 **Bonanza** 24/32. (S1)
6.30 **The Vise** Drama anthology.
7.00 **The Footage Detectives**
8.00 **Public Eye** 4/13. (S7)
9.05 **The Deadly Affair** Crime thriller starring James Mason. (1966, PG, 107min) ★★★
11.15 **Hot Money** Drama.
1.20 AM **The Southerner** Period drama starring Zachary Scott. (1945, b/w, PG, 91min) ★★★
3.10 **PSI Factor** Sci-fi action drama. (1980, PG, 91min) ★★
5.00 **Blue Pullman** Documentary.
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **Sports Centre**
7.00 **LIVE World Matchplay Darts** The third day of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four first-round matches. Michael van Gerwen and Luke Littler faced each other in the corresponding session last year, and it was the Dutchman who came out on top with a thrilling 10-6 in which both players had a three-dart average in excess of 100.
11.00 **LIVE WTA & ATP Tennis** The opening day of the Washington Open at William H.G. FitzGerald Tennis Center in Washington D.C. Last year's men's singles final here was won by American Sebastian Korda as he beat Italian Flavio Cobolli 4-6, 6-2, 6-0 to claim his second career title. Before that final victory, Korda had lost five consecutive finals since his first title win in May 2021.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **PL Retro** A replay of Fulham v Manchester United from 2007.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Southampton v Fulham.
5.30 Southampton v Ipswich Town.
6.00 Highlights from Southampton v Leicester City.
6.30 Southampton v Newcastle United at St Mary's Stadium.
7.00 Southampton v Nottingham Forest from St Mary's Stadium.
7.30 Action from Southampton v Wolverhampton Wanderers.
8.00 **Gary Neville's Soccerbox**
9.00 **We're Not Really Here: Man City** A look at Manchester City's season in the third tier.
9.30 **Sticker Book** Double bill.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
11.00 **Craig Brown: My Scotland**
11.30 **Jimmy Glass: The Great Escape**
12.00 NOON **Championship Retro** Another chance to see Aston Villa v Derby County in the 2018/19 Championship play-off final.
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup** Manchester City v Tottenham Hotspur in the 2021 final staged at Wembley Stadium.
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **EFL Trophy** Action from Sunderland v Tranmere Rovers.
6.00 **SPFL Greatest Games** Motherwell v Hibernian in 2010.
8.00 **EFL Greatest Games** Action from Bradford City v Arsenal.
8.15 Derby County v Hull City.
8.30 Sheffield Wednesday v Sheffield United from 2017/18.
8.45 **EFL Greatest Games**
10.00 **EFL Cup** Highlights from Chelsea v Liverpool in the 2021/22 final.
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy** The 2021/22 final.
12.00 M'T **EFL Play-Off Finals 15/16**
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Best of England v India**
7.00 **Women's One-Day International Cricket**
9.00 **Best of England v India**
9.30 **The Film Room: England v India**
10.00 **Test Cricket** England v India.
3.00 PM **Women's One-Day International Cricket** England v India in the first ODI in the series.
4.00 England v India in the second ODI at Lord's in London.
5.00 **The Film Room: England v India** A look back at the 2011 Test match held at Trent Bridge.
5.30 **Best of England v India**
6.30 **Best of ICC WT20**
7.00 **Test Cricket** England v India on the first day of the third Test.
8.00 Day two of the third Test.
9.00 England v India on the third day of the third Test at Lord's.
10.00 Day four of the third Test.
11.00 England v India on the fifth and final day of the third Test.
12.00 M'T **Best of England v India**
1.00 AM **Vitality T20 Blast Cricket** Another chance to see Yorkshire Vikings v Lancashire Lightning.
4.45 **Best of ICC WT20**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Sunday at the Open**
8.00 **The Open** A replay of the fourth and final day at Royal Portrush Golf Club in County Antrim.
5.30 PM **Chronicles of a Champion Golfer** Profiles of leading players.
6.30 **Tour Golf Highlights** Action from the Real Czech Challenge.
7.00 **PGA Tour Golf** A review of the Barracuda Championship.
8.00 **The Open** Action from day four.
9.00 **Underdogs: The Untold Story of the 138th Open Championship** A look back at the 2009 Open Championship.
10.00 **This is Open Country**
11.00 **PGA Tour Golf** A review of the Barracuda Championship.
12.00 M'T **Tour Golf Highlights**
12.30 AM **The Open** The fourth day.
1.30 **Chronicles of a Champion Golfer** Profiles of leading players.
3.00 **to 6.00** AM **The Open Films**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **ATP Tennis** Swiss Open.
7.00 The Swedish Open final.
8.00 **WTA Tennis** Hamburg Open.
9.00 The Iasi Open final.
10.00 **LIVE WTA & ATP Tennis** Coverage of the latest events on the WTA and ATP Tours, including the ATP Generali Open Kitzbühel.
10.00 PM **LIVE WTA & ATP Tennis** Day one of the Washington Open staged at William H.G. FitzGerald Tennis Center in Washington D.C.
3.00 AM **ATP Sizzle Reel 2024**
3.15 **WTA Sizzle Reel 2024**
3.30 **2024 Best of Jack Draper**
3.45 **Bitesize Tennis** San Diego Open.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **The Open** The fourth day.
8.00 **Women's One-Day International Cricket** Highlights from England v West Indies.
11.00 **ATP Tennis** Los Cabos Open.
12.00 NOON Swiss Open Gstaad.
1.00 PM **Good Morning Football**
3.00 **The Open** Day three highlights.
4.00 Action from day four.
5.00 **LIVE World Pool Championship** Coverage of day one of the nineball event at Green Halls in Jeddah, Saudi Arabia.
9.30 **PDC Classics** Archive action.
10.00 **ATP Tennis** Los Cabos Open.
11.00 Swiss Open Gstaad final.
12.00 M'T **The Insiders** NFL news.
1.00 AM **PGA Tour Golf**
2.00 **ATP Tennis** Swedish Open final.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **The Open Films**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **UEFA Champions League – Classics** The 2001 final.
7.30 **UEFA Europa League Goals Reload** Recent highlights.
10.15 **UEFA Champions League Greatest Nights** Man United.
11.15 **T20 Cricket Highlights**
12.15 PM **UEFA Champions League Goals Reload** Recent action.
3.00 **LIVE Cycling: Clasica Terres de l'Ebre** Coverage of the one-day road race held in Spain.
4.30 **Race Bikes** The first downhill bike.
5.00 **TCR World Tour Review**
5.30 **V8 Supercars Highlights**
6.30 **WRC Review** Rally Estonia.
7.30 **LIVE British Speedway Leicester Lions v Sheffield Tigers.** Coverage of the match staged at Hydroscand Arena.
10.00 **Fight Week** UFC 318 review.
10.30 **Tom Aspinall's Fight Lab**
10.45 **Meatball Molly** Molly McCann.
12.00 M'T **MLB Highlights**
1.00 AM **LIVE MLB Chicago Cubs v Kansas City Royals.** Coverage of the inter-league match staged at Wrigley Field. Start-time **1.05am**.
4.15 **The Gruppetto** Cycling action.
4.30 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Highlights of races at the Grand Prix of Czechia.
9.30 **MotoGP Chequered Flag**
10.30 **V8 Supercars Highlights** Action from the NTI Townsville 500.
12.30 PM **TCR World Tour Review** The fourth round in Portugal.
1.00 **MLB Highlights** Baseball action.
2.00 **MotoGP Breakdown Show**
3.00 **MotoGP** Action from the Grand Prix of Czechia held in Brno.
4.00 **MotoGP Chequered Flag**
5.00 **T20 Cricket Highlights** Action from West Indies v Australia.
6.00 **LIVE Ultimate Pool** Coverage of Group Eight of the Pairs Cup, as some of the country's leading eightball players battle it out for places in the next stage.
9.30 **IFSC Climbing World Cup Highlights** From Madrid, Spain.
10.30 **In My Blood** With Bukayo Saka.
11.00 **Ally's Social Club**
11.30 **T20 Cricket Highlights**
12.30 AM **IFSC Climbing World Cup Highlights** From Madrid, Spain.
1.30 **Classic Premier League**
2.30 **Fishing: On the Bank**
3.30 **T20 Cricket Highlights**
4.30 **Tour de France Highlights**
5.30 **to 6.00** AM **In My Blood**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** A chance to see Australia v British & Irish Lions in the first Test of the series at Suncorp Stadium.
10.00 **Lions Legends** Player profiles.
12.00 NOON **British and Irish Lions Tour** Another chance to see Australia v British & Irish Lions in the first Test of the three-match series held at Suncorp Stadium.
4.00 PM **Lions Legends** Profiles.
6.00 **British and Irish Lions Tour** Australia v British & Irish Lions.
7.00 **LIVE World Matchplay Darts** Day three of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four first-round matches. Michael van Gerwen and Luke Littler faced each other in the corresponding session last year, and it was the Dutchman who came out on top.
11.00 **Between Two Posts** A review of the weekend's matches.
12.00 M'T **Lions Legends** Profiles.
2.00 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
3.00 **Lions Legends** Player profiles.
4.00 **British and Irish Lions Tour** Australia v British & Irish Lions.
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Bristol City v Sheffield United in the Championship play-off semi-final first-leg from Ashton Gate.
6.30 Action from Coventry City v Sunderland in the Championship play-off semi-final first-leg at Coventry Building Society Arena.
7.00 **Good Morning Sports Fans** A look at today's early stories.
10.00 **LIVE WTA & ATP Tennis** Coverage of the latest events on the WTA and/or ATP Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
10.00 PM **LIVE WTA & ATP Tennis** Day one of the Washington Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in Washington D.C. Last year's men's singles final here was won by American Sebastian Korda as he beat Italian Flavio Cobolli 4-6, 6-2, 6-0 to claim his second career title. Before that final victory, Korda had lost five consecutive finals since his first title win back in May of 2021.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Archive highlights of the Belgian Grand Prix, from the 2014 race to the 2018 race.
11.00 **Lewis Hamilton: Why Heritage Matters** The former champion celebrates Black History Month.
11.30 **Indycar** A replay of the Ontario Honda Dealers Indy Toronto.
2.00 PM **GT World Challenge Europe** The sixth round at Misano World Circuit Marco Simoncelli in Italy.
5.00 **F1 Classic Races** A replay of the 1998 Belgian Grand Prix.
7.00 **Formula 1** Highlights from the 2014 Belgian Grand Prix.
8.00 Action from the 2015 Belgian Grand Prix staged at Circuit de Spa-Francorchamps.
9.00 Highlights from the 2016 Belgian Grand Prix.
10.30 **Indycar** A replay of the Ontario Honda Dealers Indy Toronto.
1.00 **to 6.00** AM **The Home of F1**

TNT Sports 3

413 415 523 410 432

6.00 AM **One Day International Cricket** Sri Lanka v Bangladesh.
8.00 **T20 Cricket Highlights** Action from Sri Lanka v Bangladesh.
11.00 **Premier League Reload** Highlights of matches played during the 2024/25 season.
7.15 PM **What I Wore** Michel Salgado.
7.30 **Race Bikes** The first downhill bike.
8.00 **The Gruppetto** A review of all the action from the Tour de France up until the second rest day.
8.15 **Playing for Our Future** Asking what the future holds for cycling in the battle against global warming.
8.30 **In My Blood** Laura Woods and Bukayo Saka's love for Arsenal.
9.00 **Fishing: On the Bank**
10.00 **Ally's Social Club**
10.30 **Classic Premier League**
12.30 AM **UEFA Champions League Greatest Nights** Archive action.
1.30 **MotoGP** Grand Prix of Czechia.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replays of matches in the Australian Football League.
1.30 PM **Premiership Rugby Union** Review of the 2024/25 season.
3.00 **Premiership Rugby Union** Best tries of the 2024/25 season.
3.30 **After the Roar** The mental health struggles elite sport stars face following retirement.
5.00 **MLB Highlights** Baseball action.
6.00 **LIVE Summer World University Games** Day five of the swimming competition at the event in Rhine-Ruhr, Germany.
8.30 **TCR World Tour Review** Fourth round of the season in Portugal.
9.00 **Cycling: Tour de France** Highlights of stage 15 of the race.
10.00 **V8 Supercars Highlights** Action from the NTI Townsville 500.
12.00 M'T **WRC Review**
1.00 AM **UFC** Holloway v Poirier.
4.00 **What Went Down**
5.00 **Fight Week** UFC 318 review.
5.30 **to 6.00** AM **PL Classics**

Premier Sports 1

419 551

6.00 AM **Scottish Rally Championship** Argyll Rally.
6.30 **DTM Highlights**
7.30 **UK Independent Kart Racing**
9.00 **World Surf League**
10.00 **Transworld Sport** Magazine.
11.00 **Euro Le Mans Highlights**
12.00 NOON **LaLiga Specials**
1.00 PM **FIM Sidecarcross**
2.00 **PSA Squash Highlights**
3.00 **LaLiga Highlights**
4.00 **Africa Eco Race** Stages 10 to 12.
5.00 **World Surf League** Highlights from the Trestles Pro event.
6.00 **Viva LaLiga** An in-depth look at all of the latest news and action.
7.30 **LaLiga Specials**
9.00 **Euro Le Mans Highlights**
10.00 **Transworld Sport** Magazine.
11.00 **UK Independent Kart Racing**
12.30 AM **DTM Highlights**
1.30 **LaLiga Specials** Archive action.
2.00 **FIM Sidecarcross**
3.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 552

6.00 AM **NASCAR** The AutoTrader EchoPark Automotive 400.
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports highlights.
11.00 **Major League Cricket** Texas Super Kings v MI New York.
3.00 PM **Major League Cricket** Another chance to see San Francisco Unicorns v Seattle Orcas.
7.30 **Football's Greatest** Players in history discuss their careers.
8.00 **CONCACAF Gold Cup** Another chance to see Saudi Arabia v USA.
10.00 **CONCACAF Gold Cup** A replay of Jamaica v Guadeloupe.
12.00 M'T **LaLiga Specials** The top scorer in the 2024/25 season.
12.30 AM **Football's Greatest**
1.00 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers in game one of the Stanley Cup Finals.
4.00 **GP Confidential** All the latest Formula One news.
4.30 **Football's Greatest**
5.00 **to 6.00** AM **LaLiga Specials**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

SEE WHATTOWATCH.COM FOR SCHEDULE UPDATES

22 July

Evening Planner

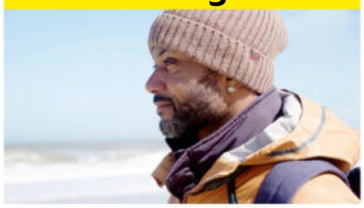
Football

Women's Euro 2025

BBC1 or ITV1, kick-off 8pm

Tonight's semi-final takes place at Geneva's Stade de Genève, with the winner through to the final on Sunday.

Travelogue

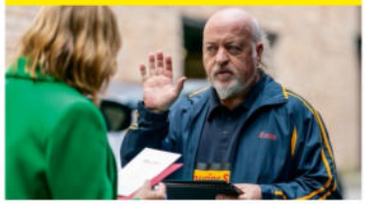


Coastal Adventures with Helen, Jules and JB

5, 8pm

JB is in Norfolk, tracking the journey of Colman's mustard from farm to factory.

Crime Drama



My Life Is Murder

U&Alibi, 9pm

Bill Bailey guest stars in tonight's episode of the whodunnit, as Alexa tries to solve the mystery of a businessman's demise.

OnDemand

NETFLIX

NEW

Trainwreck: Pl Moms

Available today

This episode of the *Trainwreck* strand focuses on a group of 'soccer moms' who were recruited as PIs.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives †	7.30 EastEnders	8.00 The Repair Shop: Favourite Fixes		9.00 The Great British Sewing Bee		10.00 News; Local News	
	102 BBC2	7.00 The Hairy Bikers Go West		8.00 Digging for Britain		9.00 Mix Tape		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 The Couple Next Door		10.00 In the Footsteps of Killers	
	105 5	7.00 Cumbria: The Lakes & the Coast		8.00 Coastal Adventures with Helen, Jules...		9.00 Forensics: Murder Case		10.00 Ben Fogle: New Lives in the Wild	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 A League of Their Own: The Rally		9.00 Film: Ocean's Twelve			
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 Top Gear		9.00 A Good Girl's Guide to Murder			10.25 Him & Her
	116 BBC4	7.00 A Summer...	7.30 The Flying...	8.00 The Good Life	8.30 Yes, Minister	9.00 The First Georgians: The German...		10.00 Eyewitness...	10.20 The Death of...
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Transaction	10.35 Family Guy
	136 MORE4	‹ 6.25 The Dog House Australia		7.55 The Dog House		9.00 24 Hours in Police Custody: Living the...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country		9.00 The Rookie		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	‹ 6.30 Six Feet Under	7.35 Game of Thrones			9.00 Gomorrah			
	110 U&GOLD		7.10 Dad's Army	7.50 Still Open All Hours	8.30 The Vicar of Dibley			10.00 The Royle Family	10.40 Neil &...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.01 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 World Rally Championship Highlights		9.00 Hell's Kitchen		10.00 Film: Taken 2	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Men in Black II			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Walking Dead		10.00 The Leftovers	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own: The Rally		9.00 The Walking Dead: Dead City	9.50 Never Mind the...		10.30 Mr Bigstuff
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 My Life Is Murder		10.00 Father Brown	
	130 SKY ARTS	7.00 Opry Live		8.00 The Art Mysteries		9.00 Inside Guggenheim			10.15 The Yardbirds
	132 U&W	7.00 Inside the Ambulance		8.00 DIY SOS: The Big Build		9.00 Stacey Dooley Sleeps Over USA		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Gold Rush: White Water			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Mayday		8.00 Liberation: D-Day to Berlin				10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Secrets Declassified with David...		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Classic Car Kings		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Lockerbie		8.00 Six Silent Killings: Ireland's Vanishing...		9.00 Dear Ms: A Revolution in Print			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Juror #2		8.00 Wicked					
	302 2025 RECAP	‹ 6.10 Your Monster		8.00 Sharp Corner				10.00 A Different Man	
	303 HITS	‹ 6.00 Charlie's Angels: Full Throttle		8.00 Knocked Up					10.15 The Holiday
	304 GREATS	‹ 6.15 Hudson Hawk		8.00 Superman II				10.10 The Godfather	
	305 ANIMATION	‹ 5.50 Kung Fu Panda 3	7.35 Hotel Transylvania 3: Summer Vacation			9.25 Trolls Band Together			
	306 FAMILY	‹ 5.40 Journey...	7.25 Stardust			9.40 Ride On			
	307 ACTION	‹ 6.05 Swordfish		8.00 The Mummy Returns					10.15 Twister
	308 BUDDY FILMS	‹ 6.05 Twins		8.00 The Blues Brothers					10.15 The Cable Guy
	309 THRILLER	‹ 6.00 Every Breath You Take		8.00 Split				10.10 Collateral	
	310 DRAMA	‹ 5.40 A League of Their Own		8.00 The Great Gatsby					10.25 Touch
	311 SCI-FI	‹ 6.25 Paranormal Activity: The Ghost...		8.00 Men in Black			9.45 The Island		
	313 FILM4	‹ 6.50 A Beautiful Day in the Neighborhood				9.00 Notting Hill			
SPORT	401 MAIN EVENT	‹ 1.45 Women's International One-Day Cricket – Live			8.30 World Matchplay Darts – Live: Coverage of day four of the tournament from Winter Gardens in Blackpool				
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 Tackling the Stigma		10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 Craig Brown...	7.30 There's Only...	8.00 EFL Greatest Games				10.00 EFL Cup Highlights	
	404 CRICKET	‹ 12.30 Women's International One-Day Cricket – Live: England Women v India Women				9.00 Ashes Greats	9.30 The Film Room...	10.00 Women's International One-Day...	
	410 TNT SPORTS 1	7.00 V8 Supercars Highlights		8.15 British Speedway			9.30 Fight Week	10.01 MLB Highlights	
	411 TNT SPORTS 2	7.00 Pound Land		8.30 PL Review					10.30 WRC Review

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

TONIGHT'S BBC AND ITV SCHEDULES WILL BE AFFECTED BY EURO 2025 SEE WHATTOWATCH.COM FOR UPDATES

Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain: Scams** (S)(R)
10.15 **Fraud Squad** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** New edition Projects in Shropshire and Staffordshire. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Shoe stretchers bound for the skip test Kev Paxton's creativity. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's football, the schedule will be: **7.30** LIVE **Football: Women's Euro 2025** Coverage of the first semi-final from Stade de Genève in Switzerland. Kick-off is at 8.00. (S) **10.10 BBC News** (S) **10.40 Local News** (S) **10.50 High Country** Andie has a strange encounter in the woods. (S)(R) **11.30 High Country** (S)(R) **12.15am Weather for the Week Ahead** (S) **12.20-6.00am BBC News** (S)

7 PM

7.00 **Our Lives: Guardian of the Night** New edition The personal mission of Dani Robertson, the UK's first dark sky officer. (S)
7.30 **EastEnders** Linda wonders whether she has done the right thing. (S)(AD)

8 PM

8.00 **The Repair Shop: Favourite Fixes** Bill Paterson looks back at a selection of memorable toy restorations, including a cuddly keepsake that's provided comfort for a father and son, and a tinplate rocket. (S)(R)

9 PM

9.00 **The Great British Sewing Bee** New edition 2/10. The sewers tackle activewear, featuring a seven-panel cap, a cycling kit transformation and stylish athleisure to wear from gym to coffee shop. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Miami Vice** Crime thriller based on the 1980s TV cop series starring Colin Farrell, Jamie Foxx and Gong Li. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Naomie Harris. (S) (2006, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: The Repair Shop on the Road** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **The Life of Mammals** (S)(R)(AD)
5.15 **Flog It!** From Birmingham. (S)(R)
6.00 **Richard Osman's House of Games** With Hannah Cockroft, Neil Morrissey, Penny Smith and Rhys Stephenson. (S)(R)
6.30 **Robson Green's Weekend Escapes** Robson invites TV host Steph McGovern on a journey around Northumberland, where they enjoy beach foraging. (S)(R)

9.00 Mix Tape

7.00 **The Hairy Bikers Go West** Si King and Dave Myers visit Dumfries and Galloway, heading to New Galloway and Castle Douglas and making dishes including butter poached lobster served with Scottish bucatini pasta. (S)(R)

8.00 **Digging for Britain** Uncovering archaeological treasures in the south of England, including Britain's oldest shoe, Henry V's lost shipyard and top-secret World War Two defences. (S)(R)(AD)

9.00 **Mix Tape** New episode 3/4. In 1989, Alison's home life goes from bad to worse as she takes on caring for Peter on top of trying to help her mother deal with her worsening alcoholism. (S1) (S)
■ Concludes tomorrow

10.00 **QI** Joe Lycett, Shazia Mirza and Josh Widdicombe join Alan Davies on the panel as Sandi Toksvig asks questions on the theme of 'radio activity'. (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM Women Talking** Oscar-winning drama starring Rooney Mara, Claire Foy and Jessie Buckley. (S) (2022, 15, 100min) ★★★★
12.40 AM **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
1.10 **Sign Zone: Weatherman Walking** Derek Brockway explores Carreg Cennen Castle. (S)(R)
1.40 **Sign Zone: Policing Paradise** (R)
2.10 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
3.10 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Antony Cotton, Matt Dawson and Stacey Dooley trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's football, the schedule will be: **7.00pm** LIVE **Football: Women's Euro 2025** Coverage of the first semi-final from Stade de Genève in Switzerland. Kick-off is at 8.00. (S) **10.30 ITV News** (S) **11.00 Local News** (S) **11.20 Heathrow: Britain's Busiest Airport** (S)(R)(AD) **11.45 Tour de France Highlights** Action from stage 16. (S)(R) **12.35-3.00am Teleshopping**

7.30 **Emmerdale** Cain is in turmoil, while John reaches out, and Kim feels furious. (S)(AD)

8.00 **Coronation Street** Todd's fears for Theo prompt him to lash out at Noah, Ryan reminds Debbie of his noble intentions, Sam vanishes from Audrey's birthday meal, and Dev's clumsy remark upsets Lauren. (S)(AD)

9.00 **Long Lost Family** A woman brought up by white adoptive parents searches for her birth family, with the investigation leading across the globe, while another tries to fulfil her mother's dying wish and find her sister. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Heathrow: Britain's Busiest Airport** New cargo driver Dylan hopes his love for hypnosis can get him out of a jam. (S)(R)
11.10 **Tour de France Highlights** Action from the 16th stage, which consisted of a 171.5km route from Montpellier to the top of the infamous Mont Ventoux. (S)
12.05 AM **Teleshopping**
3.00 **Ainsley's Taste of Malta** The chef explores the south of Malta, beginning in Marsaxlokk, where he visits a weekly fish market. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ninja Warrior UK** (R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 13-16/25. (S3) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 13-16/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** Fuzz Townshend and Tim Shaw fix an 1989 Golf. (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** Looking for a holiday home in Corfu. (S)(R)
4.00 **The Great House Giveaway** Renovating a decrepit family home in Garforth, Leeds. (S)(R)
5.00 **Chateau DIY** Christina and Sassan make progress on their pool and terrace projects. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A couple from Leeds hunt for a holiday home in Almería. (S)(R)

10.00 In the Footsteps of Killers

7.00 **News** (S)

8.00 **Bake Off: The Professionals** New edition 9/10. The semi-finalists make chocolate bars fit for the silver screen – judged by the chocolatier who worked on the movie *Wonka* – and make entirely edible showpieces that float on water. (S)(AD)

9.00 **The Couple Next Door** New episode 5/6. Jacob comes to the heartbreaking realisation that Charlotte has feelings for someone else, while Mia's past finally catches up with her. (S2) (S)(AD)
■ Concludes tomorrow

10.00 **In the Footsteps of Killers** Series finale Emilia Fox, David Wilson and Dr Graham Hill investigate the unsolved 1991 murder of Janine Downes, a 22-year-old mother of three and sex worker from Wolverhampton. (S)(AD)
11.05 **First Dates** (S)(R)(AD)
12.05 AM **Crime Scene Cleaners** (S)(R)
1.05 **Ramsay's Kitchen Nightmares USA** From Philadelphia. (S)(SL)(R)
1.55 **FILM The Night of the 12th** French crime drama. Subtitled. (S) (2022, 15, 110min) ★★★★
3.45 **Kirstie's Fill Your House for Free**
4.00 **Devon and Cornwall: Fishing Lives** Documentary. (S)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM PREMIERE **Bone to Pick: A Teagarden Mystery** Drama starring Candace Cameron Bure. (S) (2015, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Singer Gemma spices up the Costa Del Sol, and the kitchen heats up in Benidorm for a pair of chefs. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Alexandra Burke has issues with her Chihuahua. (S)(R)
6.55 **News** (S)

8.00 Coastal Adventures

7.00 **Cumbria: The Lakes & the Coast** In Appleby-in-Westmorland, it's milking time for Harriet and Chris McPhee's goats, and Harriet plans to turn the milk into cheese. (S)(R)
7.55 **News** (S)

8.00 **Coastal Adventures with Helen, Jules & JB** New edition 2/8. In Pembrokeshire, Jules Hudson joins Sea Trust Wales to help photograph porpoise and gets hands-on with the Recycle Mor project. (S)

9.00 **Forensics: Murder Case** Series finale 2/2. Using the DNA profile believed to come from George's killer, detectives track down people from across the UK with similar DNA, who could be blood relatives. (S)

10.00 **Ben Fogle: New Lives in the Wild** Ben heads back to Sweden to revisit Annalisa, a single mother who was developing a forest hideaway on the fringes of society for her and her young son. (S)(R)

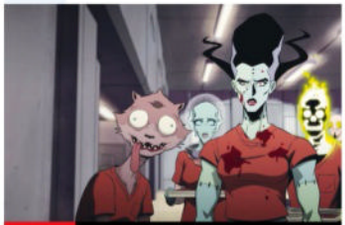
11.05 **Traffic Cops** (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)
3.45 **The World's Most Expensive Hotels** From Brown's Hotel in London's Mayfair. (S)(R)
4.25 **Me & My 10 Kids** (S)(SL)(R)
5.20 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 5/22. The team uncover a plot against a quarterback. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Girly Edition:* Bart and Lisa co-host a kids' news programme. (S)(R)
5.30 *The Joy of Sect:* The family are brainwashed by a cult. (S)(R)
6.00 *Trash of the Titans:* Featuring the guest voices of U2 and Steve Martin. (S)(R)
6.30 *King of the Hill:* Homer is hired to climb Springfield's most treacherous mountain. (S)(R)



11.30 Creature Commandos

7.00 **The Office (US)** *Doomsday:* 6/24. Dwight threatens to get the entire staff fired. (S)(R)
7.30 *Pam's Replacement:* 7/24. Robert California has a musical proposition for Andy, Darryl and Kevin. (S8) (S)(R)

8.00 **A League of Their Own: The Rally** 1/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup, making their way in pairs from London to Turin. (S)(R)(AD)

9.00 FILM **Ocean's Twelve** Comedy thriller sequel with George Clooney, Brad Pitt, Matt Damon and Catherine Zeta-Jones. Charismatic thief Danny Ocean and his gang of crooks have two weeks in which to raise $160million to pay back the ruthless casino tycoon they robbed three years earlier. But when they set their sights on Europe, they find themselves competing with an enigmatic French criminal. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 **Creature Commandos** New episode 4/7. The team return home to find what makes Circe tick, and Weasel ponders how he ended up in the Belle Reve prison facility. (S1) (S)(R)
12.00 M'T **Brassic** 1&2/8. (S5) (S)(R)
2.00 AM **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 5/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(AD) **10.40** Our Lives: Guardian of the Night New edition (S)(AD) **11.10** FILM Miami Vice (S) (2006, 15, 120min) ★★★★ **1.10am** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget (S)(R) **11.30** FILM Miami Vice: As Scotland. **1.30-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Crimewatch Caught (S)(R) **11.10** FILM Miami Vice: As Scotland. **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Oul Treasures (S)(R) **11.00** NEW SERIES Mandy (S)(AD) **11.20** Mandy New episode (S)(AD) **11.30pm-1.10am** FILM Women Talking (S) (2022, 15, 100min) ★★★★

WALES
Sky 968, Freesat 968
6.30pm The Hairy Bikers Go West (S)(R)(AD) **7.30-8.00pm** Our Lives: Dolphin Town (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Sioe **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **5.00** Stwnsh **6.00** Cyfres Triathlon Cymru **6.57** Newyddion **7.00** Heno O'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Taith y Llewod: Llew-Fod **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **10.00** Seiclo: Tour de France **10.30** Y Byd ar Bedwar **11.00** Sgwrs Dan y Lloer **11.30pm-12.35am** Y Sioe

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** David Attenborough turns his attention to life in Asia, the planet's most varied and extreme continent.
7.55 **The Catch Up**
8.00 **Top Gear** Motoring series.
9.00 **A Good Girl's Guide to Murder** 1/6. Crime drama based on the novel by Holly Jackson, starring Emma Myers and Zain Iqbal. **9.40** 2/6. Pip and Ravi turn their attention to Andie's best friends. (S1)
10.25 **Him & Her: The Wedding** 1/5. Paul goes missing on the morning of his wedding. **10.55** 2/5. Paul has a big decision to make. (S4)
11.20 **Planet Sex with Cara Delevingne** Documentary series in which Cara takes a deep-dive into questions about human sexuality.
12.10 AM **Top Gear**
1.05 **Brickies** Double bill.
2.05 **Him & Her: The Wedding**
2.35 **to 4.00** AM **A Good Girl's Guide to Murder**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey with Angela Rippon**
7.30 **The Flying Archaeologist: Norfolk Broads**
8.00 **The Good Life**
8.30 **Yes, Minister**
9.00 **The First Georgians: The German Kings Who Made Britain** How George II turned Britain into a superpower.
10.00 NEW **Eyewitness to History: Norma Percy and Paul Mitchell on The Death of Yugoslavia** Assessing the conclusion of *The Death of Yugoslavia*.
10.20 **The Death of Yugoslavia** 6/6. The events leading up to the Dayton peace talks.
11.10 **Richard Flanagan: Life After Death – Imagine...**
12.15 AM **Jailed in America**
1.15 **The First Georgians: The German Kings Who Made Britain**
2.15 **A Summer Journey with Angela Rippon**
2.45 **to 3.15** AM **The Flying Archaeologist: Norfolk Broads**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Hertfordshire.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie Allsopp and Phil Spencer look at the best ways to utilise space.
6.25 **The Dog House Australia** Series finale Four famous faces go in search of a furry friend.
7.55 **The Dog House** Timid puppy Harry and grumpy Westie Hamish seek homes, and Lily the beagle has a choice – do another runner or stay put for a cuddle with an ex-policeman and his family.
9.00 **24 Hours in Police Custody: Living the High Life** In Bedfordshire, police detectives discover a connection between a major fraud on a vulnerable man's savings and a gang who are exploiting young people.
10.00 **24 Hours in A&E** A 79-year-old man is rushed in after collapsing in his garage.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Medical documentary.
1.10 **Emergency Helicopter Medics** Documentary.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** It's Jez and John Paul's wedding day.
7.30 **The Simpsons** *The Homer They Fall:* Moe trains Homer up to be a boxer.
8.00 **Below Deck** New edition Jared's behaviour lands him in hot water with Captain Kerry, and Ben finds himself in a challenging position that could affect his relationship with Sunny.
9.00 **Gogglebox** Opinions on *Casualty*, *Queer Eye* and *Below Deck Sailing Yacht*. **10.00** *Casualty* and *Britain's Got Talent* are appraised.
11.05 **Naked Attraction's Best Naughty Bits**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **The Goldbergs**
3.25 **Below Deck**
4.15 **Ramsay's Kitchen Nightmares USA**
5.05 **Modern Family**
5.30 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

primetime

primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 1/10. (S7)
12.00 NOON **FBI** 1/22. (S4)
1.00 PM **FBI: Most Wanted** (S3)
2.00 **FBI: International** 1/21. Crime drama starring Luke Kleintank and Heida Reed. (S1)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

8.00 Fire Country

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.50 **The Sopranos** (S6)
9.55 **Six Feet Under** (S1)
11.55 **Game of Thrones** 6/6. (S8)
1.20 PM **Gangs of Milan: Blocco 181** 3&4/8. Double bill. (S1)
3.15 **The Sopranos** 20/21. An innocent family is shot dead.
4.15 21/21. Tony and Carmela come out of hiding to attend Uncle Bobby's funeral. (S6)
5.25 **Six Feet Under** 7/13. Ruth invites Hiram to dinner.
6.30 8/13. Federico makes a decision about his future. (S1)

9.00 Gomorrah

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 13/13. (S9)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 19/22. (S1)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 5/22. (S5)
5.00 **SEAL Team** 18/22. Bravo get the job of protecting a group of congressmen. (S1)
6.00 **Stargate Atlantis** 1/20. Colonel Caldwell saves Major Sheppard from his suicide run on the Wraith ships. (S2)

8.00 A League of Their Own

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Celebrity Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **The Real Housewives of Miami** New edition
5.00 **The Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Transaction

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Safe As Houses.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Murder on St Malley's Day:* A pupil at the prestigious Devington School is found murdered.
5.50 **Heartbeat** *Wishing Well:* Mayhem and disorder erupts when some stolen loot from a robbery resurfaces.

8.00 Agatha Christie's Poirot

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.35 Game of Thrones *The Iron Throne:* 6/6. In the aftermath of the battle at King's Landing, Daenerys declares her intentions for Westeros, and Tyrion faces the consequences of his actions. (S8)

7.00 Stargate Atlantis *The Intruder:* 2/20. A mysterious virus infects battle cruiser the *Daedalus*. (S2)

7.00 Deal or No Deal Stephen Mulhern hosts as Daniel tries to open the 22 red boxes for the chance to win a life-changing prize.

6.55 Heartbeat *Expectations:* Kate gives birth to a girl – but there's heartbreak for Nick when he learns of his wife's condition.

8 PM

8.00 Fire Country *Too Many Unknowns:* 4/10. The crews respond to a dangerous toxic spill at a chemical plant. (S2)

8.00 A League of Their Own: The Rally Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup.

8.00 Million Dollar Listing: LA Altman enlists Tracy and Flagg to help him tackle an epic new development in Vegas.

8.00 Agatha Christie's Poirot *The Clocks:* The sleuth is summoned after the body of a murder victim is discovered surrounded by stopped clocks. Guest stars Jamie Winstone.

9 PM

9.00 The Rookie New episode *Wildfire:* 8/18. Nyla remains suspicious of Glasser as a wildfire erupts, causing chaos in the city. (S7)

9.00 Gomorrah 5/12. Ciro sets up a parley with Gennaro in order to avoid a full-on gang war. Subtitled. In Italian.

9.00 The Walking Dead: Dead City *Another S****y Lesson:* 2/8. Maggie treks to New York. (S2)
9.50 Never Mind the Buzzcocks With Nova Twins and Danny Jones.
10.30 Mr Bigstuff 3/6. Glen becomes acting manager of World of Carpets. (S1)
11.00 **Mr Bigstuff** 4/6. (S1)
11.30 **Creature Commandos** New episode 4/7. The team find what makes Circe tick. (S1)
12.00 M'T **Brassic** 1&2/8. (S5)
2.00 AM **Freddie Fries Again**
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 5/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

9.00 Love Island New edition Reality show in which singletons compete in the hope of finding love and winning a £50,000 prize.

10 PM

10.00 The Cleaning Lady *All Of Me:* 5/12. Luca goes missing and Thony believes that Ramona is responsible. (S3)
11.00 **FBI** 13&14/22. (S5)
1.00 AM **Fire Country** 6/10. A fire camp inmate escapes from Three Rock. (S2)
2.00 **The Good Doctor** (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

10.05 Gomorrah 6/12. With the peace talks in tatters, a new breed of Camorrista emerges. Subtitled. (S2)
11.05 **Homicide: Life on the Street** 13/22. Sheppard and Bayliss pursue an Internet killer. (S7)
12.05 AM **The Wire** 9/10. (S5)
1.15 **Mare of Easttown** 7/7. (S1)
2.30 **Game of Thrones** As 7.35pm.
3.55 **to 6.00** AM **Richard E Grant's Hotel Secrets**

10.05 Transaction New episode 5/6. AI technology drives the team apart. (S1)
10.35 Family Guy The family are in Springfield. (S13)
11.05 **Family Guy** 19/21. (S12)
11.35 **American Dad!** (S11)
12.35 AM **Bob's Burgers** (S14)
1.05 **Plebs** 8/8. (S2)
1.35 **Transaction** As 10.05pm.
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

10.00 Foyle's War *War Games:* The murder of a Home Guard member leads Foyle to believe that a multinational company are conducting covert business with the Nazis.
12.00 M'T **Broadchurch** 3/8. Mark's fingerprints are found at his son's murder scene.
1.00 AM 4/8. Olly makes an interesting discovery. (S1)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor head to the border with England.
8.00 **Island Crossings** Stornoway is battered by bad weather.
9.00 **Inside Barlinnie** A look at the problems of illegal drugs at the prison.
10.00 NEW SERIES **The Cancer Killers** 1/2. Documentary following two Australian scientists who are on the brink of a revolutionary treatment for cancer.
10.55 **Paramedics on Scene** A patient with a heart condition faces a long wait to be admitted to Kirkcaldy hospital.
11.55 PM **to 12.00** M'T **Loop** Tessa MacKenzie reveals how she makes stained-glass artworks.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto**
9.00 **The Conners** (S5)
10.00 **Dice** 5&6/7. (S2)
11.20 **Flight of the Conchords** (S2)
12.40 PM **Silicon Valley** (S4)
2.00 **Dice** 5&6/7. (S2)
3.15 **High Maintenance** (S1)
4.25 **Flight of the Conchords** (S2)
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 7/10. Gilfoyle takes on Jian-Yang's new smart fridge.
8.25 8/10. Jack Barker faces setbacks. (S4)
9.00 **And Just Like That...** 8/12. Drama with Sarah Jessica Parker. (S3)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.00 **Veep** 5&6/10. (S2)
12.10 AM **Enlightened** (S1)
1.20 **Somebody Somewhere**
2.30 **2 Dope Queens** (S1)
4.30 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **ENO's Drive & Live: La Bohème**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **HMS Pinafore with ENO** Comic opera.
3.00 **Classic Movies: The Story of The Ipcress File**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Opry Live** With Darius Rucker, Nate Smith and Ashley McBryde.
8.00 **The Art Mysteries**
9.00 **Inside Guggenheim** Documentary about the museum in Bilbao.
10.15 **The Yardbirds**
12.00 M'T **Classic Albums**
1.00 AM **Hired Gun**
3.00 **The Sky Arts Book Club Summer Reads Special**
4.00 **Landmark**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 16/26. The *Enterprise* is on escort duty for a veteran. (S1)
8.00 **Star Trek: Deep Space Nine** 26/26. An alien is on the run from a group of soldiers. (S2)
9.00 **FBI: Most Wanted** (S4)
10.00 **FBI: International** (S2)
11.00 **Grimm** 20/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary**
3.00 **Tenable** A team of workmates answer Top 10 list questions.
4.00 A team of bingo colleagues take part.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Carolyn tries to open the 22 red boxes in the right order for the chance to win a prize.
6.00 **Lingo** A pair of twins and work colleagues take on the champions.
7.00 A brother and sister, a Merseyside couple and Winchester duo try to win a prize.
8.00 **Deal or No Deal** Game show, hosted by Stephen Mulhern.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 8/8. (S1)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 11&12/25. (S1)
12.00 NOON **Highway to Heaven** 7/25. (S1)
1.00 PM **Father Dowling Mysteries** 5/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 20&21/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *The Ghost Talks:* 21/26. Marty regales Jeff with an account of a case. (S1)
10.00 **The New Avengers** *The Midas Touch:* 4/13. (S1)
11.00 **The Avengers** 4/33. (S6)
12.00 M'T **M*A*S*H** (S7)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 24/24. (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.15 **Minder**
7.15 **The Professionals**
8.15 **Kojak**
10.30 **Magnum, PI**
11.30 **Giant Lobster Hunters**
12.30 PM **Made in Britain**
1.00 **Tour de France Highlights**
2.00 **LIVE Tour de France** Stage 16 from Montpellier to the top of the infamous Mont Ventoux.
4.30 **Great Racehorses**
4.50 **Minder**
5.55 **The Professionals**

10.00 Taken 2

7.00 Tour de France Highlights Action from stage 16, a 171.5km route from Montpellier to the top of Mont Ventoux.

8.00 World Rally Championship Highlights Action from the Rally Estonia, which was based around Tartu.

9.00 Hell's Kitchen Eight new hopefuls compete for the chance to be the head chef of Hell's Kitchen Caesars Atlantic City.

10.00 FILM Taken 2 Action thriller sequel starring Liam Neeson and Maggie Grace. A former CIA agent and his family are targeted by a vengeful Albanian gang in Istanbul. (2012, 12, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.50 **Wrestling: AEW Collision** Hard-hitting wrestling action.
1.45 AM **BattleBots**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 14/26. (S7)
2.00 **Atlantis** 7/13. (S2)
3.00 **Stargate Atlantis** 11/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 14/26. (S7)
6.00 **Star Trek: Enterprise** 1/22. Part one of two. The crew are trapped in an alternative version of the year 1944. (S4)

11.00 Wynonna Earp

7.00 Atlantis *A Fate Worse Than Death:* 7/13. Pasiphae resolves to prevent Jason and Ariadne's wedding. (S2)

8.00 Stargate Atlantis *The Hive:* 11/20. Part two of two. The Wraith holds the team hostage on a hive ship. (S2)

9.00 The Walking Dead *The World Before:* 8/22. The Alexandrians set out on a high-stakes mission, and a fight causes tension. (S10)

10.00 The Leftovers *Penguin One, Us Zero:* 2/10. Meg struggles to adapt to life at the headquarters of the Guilty Remnant. (S1)
11.00 **Wynonna Earp** 12/12. The time has come to neutralise the family curse. (S3)
12.00 M'T 1/12. Wynonna desperately looks for a way into the Garden before her sister gets trapped. (S4)
1.00 AM **Westworld** 3&4/10. (S1)
3.00 **Room 104** 1&2/12. (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **The Mentalist** 1/23. (S1)
11.00 **Hudson & Rex** 7/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 1/6. Period drama. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 1/23. (S1)
5.00 **Hudson & Rex** 7/16. Major Crimes investigates a dark web marketplace. (S4)
6.00 **Father Brown** *The Children of Kalon:* A troubled soul from the past returns.

9.00 My Life Is Murder

7.00 Miss Scarlet and the Duke 1/6. The sister of a missing woman hires Eliza to find her, creating new tensions. (S2)

8.00 Death in Paradise *Ye of Little Faith:* 4/8. The team are called to a hotel where a flight attendant has been poisoned. (S3)

9.00 My Life Is Murder New episode *The Good Oil:* 6/8. Alexa ignores her issues to find justice for a Samoan matriarch. (S4)

10.00 Father Brown *The Standing Stones:* The priest investigates when a body is found at a stone circle.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 AM **Elementary** 6/13. A tech billionaire presents Holmes and Watson with an offer. (S7)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.10 **Ever Decreasing Circles**
9.50 **Are You Being Served?**
10.30 **Still Open All Hours**
11.10 **Last of the Summer Wine**
12.30 PM **Keeping Up Appearances**
1.10 **Ever Decreasing Circles**
1.50 **Dad's Army**
2.30 **Still Open All Hours**
3.10 **Are You Being Served?**
3.50 **Last of the Summer Wine**
5.10 **The Vicar of Dibley**
5.50 **Keeping Up Appearances**
6.30 **Are You Being Served?**

8.30 The Vicar of Dibley

7.10 Dad's Army The platoon offer to help Godfrey's widowed friend gather in the harvest on her farm.
7.50 Still Open All Hours A visitor from the past gets the entire street talking.
8.30 The Vicar of Dibley A funeral for a pet bird inspires Geraldine to transform the church into an ark and hold a service.
9.10 Passions erupt when Geraldine plays Cupid in her efforts to bring Alice and Hugo together.

10.00 The Royle Family The Royle family celebrate Jim's birthday.
10.40 Neil & Martin's Bon Voyage From Biarritz.
11.40 **Men Behaving Badly**
12.20 AM **Ricky & Ralf's Very Northern Road Trip**
1.25 **Absolutely Fabulous**
2.00 **The Vicar of Dibley**
2.40 **Ricky & Ralf's Very...**
3.30 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Special Ops: Crime Squad UK**
10.00 **Trawlermen: Hunting the Catch** Documentary.
11.00 **Rick Stein: From Venice to Istanbul** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Trawlermen: Hunting the Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers Everyday Gourmets** Low-budget meals.
6.00 **Rick Stein: From Venice to Istanbul** Rick cooks the iconic dish sultan's delight.

5.00 Everyday Gourmets

7.00 Would I Lie to You? With Claudia Winkleman, Clive Anderson, Jason Manford and Miranda Hart.
7.40 Richard Osman's House of Games With Amol Rajan and Ellie Taylor.
8.20 With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh.

9.00 QI XL Clare Balding, Dara O Briain, Jimmy Carr and regular panellist Alan Davies join host Stephen Fry for the quiz.

10.00 Have I Got a Bit More News for You Stephen Mangan hosts the satirical quiz, with guests Roisin Conaty and Brian Cox.
11.00 **Taskmaster** Jessica Knappett beautifully mimics a foghorn.
12.00 M'T **Mock the Week** With guests Ed Byrne, Milton Jones and Romesh Ranganathan.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Sun, Sea and Selling Houses**
10.00 **Help! We Bought a Village** In Normandy.
11.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Can't Sell, Must Sell** Stuart and Scarlette Douglas transform two houses in south Wales.
8.00 **Jimmy Doherty's Big Bear Rescue** Jimmy and park director Stevie bring in a bear from Romania.
9.00 **24 Hours in A&E**
10.00 **Crime Scene Cleaners**
11.00 **Celebrity Gogglebox**
12.00 M'T **Gogglebox**
1.00 AM **Secrets of the Hells Angels** Documentary.
3.00 **Our Yorkshire Shop: A Victorian Restoration**
4.00 **to 5.00** AM **Can't Sell, Must Sell**

5USA

141/169 129 120/162 21 129 29

9.05 AM **NCIS** 22-24/24. (S3)
12.00 NOON **Law & Order: Criminal Intent**
3.00 PM **Law & Order**
6.00 **NCIS** *Sharif Returns:* 13/24. A terrorist threatens to unleash a chemical attack.
7.00 *Blowback:* 14/24. The agents try to track down an arms dealer who stole launch codes.
8.00 *Friends & Lovers:* 15/24. A sailor's body is discovered in a disused restaurant. (S4)
9.00 NEW SERIES **Criminal Minds: Evolution** *Just Getting Started:* 1/22. Detective drama. A family annihilator abducts a teenage girl. (S16)
10.00 **Law & Order: Special Victims Unit** (S15)
11.55 **The Resident** (S2)
1.50 AM **Law & Order** (S5)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** There are no available beds in Barnsley Hospital's A&E department.
9.00 **999: Critical Condition** A man has sustained numerous injuries after being trapped in his car.
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **Murder Scene: The Incident Room**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Quantico** 8/13. (S3)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **The Motorway**
1.00 PM **FILM One-Eyed Jacks** Western. (1961, PG, 141 min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** The police are led on a chase across London.
7.00 Officers pursue a group of car thieves.
8.00 The unit pursue a speeding motorcyclist.
9.00 **The Motorway** Two patrollers race to a serious fire on the M60.
10.00 **Police: Night Shift 999** PCs Hayes and Fox are called to a fight, but not all is as it seems.
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Double bill.
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.20 AM **MasterChef Junior USA** Culinary series.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance**
8.00 **DIY SOS: The Big Build**
9.00 **Stacey Dooley Sleeps Over USA** Stacey travels to Virginia to meet a unique family.
10.00 **999 Rescue Squad** The discovery of underwear on a canal bank sparks a risky missing persons search.
11.00 A major fire breaks out in a haulage depot in Brighouse.
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia** Culinary show.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **Tenko**
8.10 **Doctors**
9.20 **Classic Holby City**
10.20 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 5/10. (S1)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Scarlet and the Duke** 5/6. Eliza finds the heir to an unclaimed fortune and needs Duke's help.
9.00 6/6. Eliza receives a bomb in the post. (S3)
10.00 **New Tricks**
11.20 **Spooks** 4/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Isle of Man.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** Catherine Southon and Phil Serrell are in Surrey. **8.00** Catherine and Phil embark on the fourth leg of their trip.
9.00 **Who Do You Think You Are?** Comedian and actor Matt Lucas traces his ancestry.
10.00 **The Hotel Inspector** Alex Polizzi visits The Falcon Hotel in Cambridgeshire.
11.00 **Long Lost Family**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Angela Griffin and Antony Worrall Thompson compete.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **FILM Midnight in Saint Petersburg** Spy thriller sequel. (1995, 15, 85min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
3.35 **FILM Lone Rider** Western. (2008, PG, 80min) ★★
5.30 **Wanted: Dead or Alive**
6.00 **Bonanza** (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Seraphim Falls** Western. (2006, 15, 111min) ★★★★
11.25 **FILM First Kill** Thriller. (2017, 15, 97min) ★★
1.35 AM **FILM Meteor Storm** Sci-fi action thriller. (2010, 12, 90min) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

6.00 AM **FILM Killer Ending** Thriller. (2018, 12) ★★
8.00 **Paddington Station 24/7** Documentary.
9.00 **Saving Lives at Sea**
10.00 **FILM Next Stop Murder** Thriller. (2010, PG) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Pretty Little Stalker** (2018, PG) ★★
2.55 **FILM Fatal Reunion** Thriller. (2005, 12) ★★
5.00 **FILM Kidnapped: 48 Hours of Terror** Thriller. (2010, 15, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Redemption Day** Thriller. (2021, 15) ★★
11.10 **FILM An Aurora Teagarden Mystery: The Disappearing Game** Drama. (2018, PG) ★★
1.05 AM **FILM The Wedding Stalker** (2017, PG) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM The Sinister Surrogate**

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM October Kiss** Drama. (2015, PG) ★★
10.00 **FILM Home for Harvest** Drama. (2019, PG) ★★
11.55 **FILM Hometown Hero** Drama. (2016, PG) ★★
2.00 PM **FILM A Romance Wedding** Comedy. (2020, PG, 85min) ★★
3.55 **FILM Dream Wedding** Romantic drama. (2023, U, 89min) ★★
5.55 **FILM One Perfect Wedding** Drama. (2021, PG, 84min) ★★
8.00 **FILM Two Chefs and A Wedding Cake** Romantic comedy. (2022, U, 91min) ★★
10.00 **FILM Designed with Love** Romantic drama. (2020, PG, 85min) ★★
11.55 **FILM Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM A Romance Wedding**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie** (S1)
11.00 **Jokers Wild**
11.30 **Thick as Thieves**
12.00 NOON **Carry On Laughing** 1/6. (S1)
12.30 PM **You're Only...**
1.00 **Mapp and Lucia** (S2)
2.00 **FILM Man of the Moment** (1955, U) ★★★
3.45 **Auto Rewind**
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves**
8.30 **A Sharp Intake of Breath** 5/6. (S4)
9.00 **Bramwell** (S1)
10.00 **Soap** 11/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Against a Crooked Sky** (1976) ★★
1.40 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The blaze continues to trouble the crew. **8.00** A new generation of captain steps up to harness the Bering Sea.
9.00 **Opal Hunters: Red Dirt Road Trip** Rod and JC prospect a long-defunct diamond mine. **10.00** JC suggests a detour that could pay off big time.
11.00 **Gold Divers**
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's...**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **Tom Kerridge's Best Ever Dishes**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **NEW SERIES Jamie's Easy Meals for Every Day** Double bill.
10.00 **Jamie Oliver: Together**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 10/25. (S7)
9.00 **The Fall Guy** 8/23. (S2)
10.00 **Knight Rider** (S3)
11.00 **FILM Tremors 2: Aftershocks** Horror sequel. (1995, 12) ★★★
1.00 PM **FILM The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
3.00 **FILM The Lost Continent** Fantasy. (1968, PG, 98min) ★★★
5.00 **Star Trek** 26/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** 9/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Midnight Run** Comedy thriller. (1988, 18, 122min) ★★★★
11.30 **FILM Legacy of Lies** Espionage action thriller. (2020, 15, 101min) ★★
1.30 AM **FILM The Most Dangerous Game** Thriller. (2022, 15) ★★
3.25 **to 5.00** AM **FILM He Who Dares** Thriller. (2014, 15, 78min) ★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Triassic Hunt** As shown at 5.00pm.
8.00 **The Gambler: The Adventure Continues**
10.00 **The Lost World** (S3)
11.00 **FILM Wyvern** Horror starring Nick Chinlund. (2009, 15, 84min) ★★
1.00 PM **The Gambler: The Adventure Continues**
3.00 **The Lost World** (S3)
4.00 **The A-Team** 1/23. (S4)
5.00 **FILM Triassic Hunt** Action adventure starring Michael Pare. (2021, 15, 86min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 2/23. (S4)
9.00 **FILM Fortress** Action thriller with Bruce Willis, Jesse Metcalfe and Chad Michael Murray. (2021, 15, 99min) ★★
11.00 **FILM Alive** Horror with Angus Macfadyen. (2019, 15, 91min) ★★
1.00 **to 3.00** AM **FILM Fortress** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Chesterfield.
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Swamp People: Serpent Invasion**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **Craig Charles: UFO Conspiracies**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Sweden.
12.00 NOON **Malta: The Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** *Etude in Black.*
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** Susan explores Crete and Corfu.
8.00 **Ben Fogle: New Lives in the Wild** In Bulgaria.
9.00 **World War II: Secrets from Above** In December 1944, Hitler launches an assault on the Western front.
10.00 **Nazi Megastructures**
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald** Mekong river.
1.00 AM **The Hotel Inspector**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** In Northumberland.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Married to Real Estate**
10.00 **Battle on the Beach** New edition Teams tackle the living rooms and try to use the views to their advantage.
11.00 **Home Town** New edition A woman needs Ben and Erin Napier's help after her dream home became a nightmare.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **Jay & Pamela** New edition Pamela tries not to get her hopes up.
9.00 **My Strange Addiction: Still Addicted?**
10.00 **This Came Out Of Me**
11.00 **Take My Tumour**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **This Came Out Of Me**
3.00 **Take My Tumour**
4.00 **Jay & Pamela**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6&7)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S2&3)
1.00 PM **Friends** (S2)
7.00 **Friends** 13/24. Guest stars Julia Roberts. **7.30** 14/24. Rachel sees Ross in a different light. **8.00** 15/24. Monica falls for an old family friend. **8.30** 16/24. Joey decides to move out. (S2)
9.00 **FILM Men in Black II** Comedy sequel. (2002, PG, 88min) ★★★
10.45 **Police Squad!** (S1)
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **South Park** (S12)
2.15 **Broad City** 3&4/10. (S1)
3.10 **CC Live: Stand Up Shorts** With Josh Jones.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 3&4/13. (S1)
11.00 **Friends** 16-19/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 5&6/13. (S1)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S2&3)
9.00 **Friends** 23/24. Carol finally gives birth. **9.30** 24/24. (S1)
10.00 **Friends** (S2,5&6)
1.00 AM **Beavis and Butt-Head** (S2)
2.00 **Reno 911!** (S7&8)
2.55 **The Ricky Gervais Show**
3.45 **Whose Line Is It Anyway? USA**
4.05 **Teachers** 6/20. (S2)
4.30 **Jessica Fostekew: Silence of the Nans**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 5&6/12. (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Stella** 3&4/11. (S5)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Alex Brooker and Christian Horner.
2.00 **Road Wars**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Catfish: Teams**
7.00 **Celebs on the Farm**
8.00 **MTV Cribs** Double bill.
9.00 **90's House**
10.00 **Badass Brides**
11.00 **Ink Master Redemption** New edition The team redeem their mistakes on unhappy military veteran Canvases.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran feel the pain of 'man vs bike.'
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love At First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
4.00 **Gold Rush: White Water** With time running out, Dustin must make an impossible call.
5.00 **Building Off the Grid**
6.00 **Border Control: Spain** The work of Security and Customs Services at Spain's borders. **6.30** In Madrid, a man is prevented from boarding after a discovery in his bag.

9.00 Gold Rush: White Water

7.00 **Wheeler Dealers** To celebrate the series' 20th anniversary, Mike and Elvis set out to restore a Ford Fiesta Mark 1.

8.00 **Outback Truckers** Road train trucker Mark Pett is hauling 78 tonnes of cement and steel straight into a disaster zone.

9.00 **Gold Rush: White Water** New edition Low on fuel, Dustin's crew face a race against time to reach the bottom of Nugget Creek before the onset of winter. Exhausted, a huge find could save Nugget Creek and their mining careers.

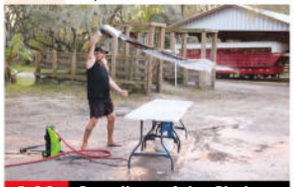
11.00 **Border Control Poland** In Gdynia, customs officers search vehicles before they board a ferry to Sweden.
12.00 M'T **Moonshiners**
1.00 AM **Gold Rush: White Water**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Aquarium**
10.00 **Tanked** With Mario Lopez.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A bullying cat who is holding all the female felines hostage. **4.00** A cat needs to rebuild its confidence.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff tries to mend a German shepherd's broken elbow.



8.00 Guardians of the Glades

7.00 **Animal Cribs** A family's two Nigerian dwarf goats wreak havoc in their backyard, so designer Antonio transforms it.

8.00 **Guardians of the Glades** Dusty leads the team to an abandoned missile factory near the epicentre of the snake epidemic.

9.00 **Alaska: The Last Frontier** Spring arrives and temperatures rise, but tensions mount at the annual cattle drive.

10.00 **Alaskan Bush People** The family join a competitive pheasant hunt, while Billy and Ami surprise the siblings.

11.00 **Pit Bulls & Parolees** Tia looks back at the season's highlights.
12.00 M'T **Crikey! It's the Irwins** Robert gets set to swim with a huge reticulated python.
1.00 AM **Guardians of the Glades**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Mysterious Islands**
2.00 PM **Hitler's Last Stand**
4.00 **World's Greatest Train Journeys from Above** The Bergen line, which passes along the fjords of Norway.
5.00 **Car S.O.S** Tim and Fuzz are off to Southampton to take on a 1969 Jensen Interceptor.
6.00 **World War II: Secrets from Above** The Battle for Poland.

10.00 Lost Ships of WW2

7.00 **Mayday** The 1992 accident that saw Copa Airlines Flight 201 enter a high-speed dive, causing it to disintegrate in mid-air.

8.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe from various perspectives.

9.00 **Liberation: D-Day to Berlin** The true cost paid by the Allies and civilians to free Belgium and the Netherlands from Nazis.

10.00 **Lost Ships of WW2** Explorers aboard the research vessel *Petrel* detect a wreck off the coast of the Philippines.

11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Abandoned** Double bill.
3.20 **Food Factory USA**
4.10 **When Sharks Attack**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Flipping Bangers**
2.00 **Mountain Men**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Sand**
5.00 **What on Earth?** Strange symbols scratched into the Kazakhstan Desert.
6.00 **American Pickers** A stockpile of vintage movie posters.

9.00 Secrets Declassified

7.00 **Forged in Fire** The defending smith looks to retain his title, and the winner faces off against a new challenger.

8.00 **Digging for Britain** Alice Roberts visits digs in Buckinghamshire, Somerset, Dorset and Northumberland.

9.00 **Secrets Declassified with David Duchovny** New edition Stalin's trials to create a hybrid human-ape super army.

10.00 **History's Greatest Mysteries** New edition Laurence Fishburne examines events depicted in *The Book of Exodus*.

11.00 **What on Earth?** As 5.00pm.
12.00 M'T **Encounter: UFO** The experience of an aircraft that encountered an object that failed to appear on radar.
12.55 AM **The Proof Is Out There**
1.50 **Secrets Declassified with David Duchovny** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars** A musket rifle.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases** Scientists in Kamienna Gora work to build Hitler's next revenge weapon.
5.00 **World War Weird** An alternative explanation for the Roswell UFO sighting.
6.00 **Antiques Roadshow**

8.00 Classic Car Kings

7.00 **Great American Railroad Journeys** Michael Portillo visits the Rocky Mountains on the final leg of his journey.

8.00 **Classic Car Kings** New edition Irv takes on the restoration of an Escort RS1600i. ■ Entire series on U

9.00 **Bangers & Cash: Restoring Classics** The team snap up a super-rare 50's American beach bike.

10.00 **Bangers & Cash** A vivid Dutch DAF 66 – in daffodil yellow – lands at the North Yorkshire showroom.

11.00 **Bangers & Cash** Derek travels to the Lancashire coast to pick up a rare 1972 Citroen SM, and Dave is on HQ duties.
12.00 M'T **Abandoned Engineering** The underground base with the power to destroy a nation.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Wheeler Dealers World Tour**
9.00 **Johnny Vegas' Little Shop of Antiques** New edition At a toy auction, Johnny falls for a thirsty wind-up panda.
10.00 **The Repair Shop** The team restore items including a beloved sailor doll.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Documentary.
12.00 NOON **Deadly Affairs**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** April Barber.
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Road Rage** New edition
9.30 **Exposed: Naked Crimes** New edition
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It UK**
2.00 AM **Murder Comes to Town** Megan Sharpton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A series of bombs rock the sleepy city of Fremont.
8.00 **Millionaire Murders** Alex and Maggie Murdaugh's dynasty begins to crumble.
9.00 **Shocking Crimes: Murder Book** A veteran investigator is brought out of retirement to track down a cop killer.
10.00 **It Takes a Killer** The case of a woman who appeared to die from an accidental fall. **10.30** A street preacher and his teenage protégé run an Internet scam.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** Investigators match orange fibres found at the scene of an atrocious sex-related killing with fibres found months later in a van. **4.30** A bizarre case in which a woman was shot dead. **5.00** A man is accused of killing his wife. **5.30** A 70-year-old retired veteran is found dead on his boat. **6.00** Investigating fatalities in a hospital. **6.30** A man's second wife is charged with the murder of his first.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops UK**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** Megan Newton.
1.00 PM **Britain's Most Evil Killers** Documentary.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murder Next Door**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Murder Uncut**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Lost Pyramids of...**
9.20 **The World After...**
10.30 **The Truth About...**
11.45 **Nazi Ratlines in...**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Lost Pyramids of the Aztecs** Documentary.
2.45 **The World After Stonehenge**
3.55 **The Truth About...**
5.00 **Nazi Ratlines in Franco's Madrid**
6.15 **Lost Pyramids of the Aztecs** Documentary.
7.20 **The World After Stonehenge**
8.30 **The Truth About Franco: Spain's Forgotten Dictatorship**
9.35 **Nazi Ratlines in Franco's Madrid**
10.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
12.00 M'T **Nazi Ratlines in Franco's Madrid**
1.20 **to 2.00** AM **Grand Tours of the Scottish Islands**

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Jon Voight**
8.00 **The Directors** Coen Brothers.
8.55 **The Vow** True crime.
10.00 **UFO** Documentary.
11.00 **Lockerbie** As 7.00pm.
12.00 NOON **The Wimbledon Kidnapping** Muriel McKay.
2.00 PM **Lennox: The Untold Story**
4.00 **Discovering: Jon Voight**
5.00 **The Directors** Coen Brothers.
5.55 **The Vow** Two NXIVM members recount their time with Keith.
7.00 **Lockerbie** Investigators find a link to a Palestinian terror cell.
8.00 **Six Silent Killings: Ireland's Vanishing Triangle** Examining the investigations into the disappearances of six women in the 1990s.
9.00 NEW **Dear Ms: A Revolution in Print** The history and complex legacy of *Ms* magazine.
11.15 **The Truth vs Alex Jones**
1.30 AM **Albert Brooks: Defending My Life** A profile of the actor.
3.15 **Stasi FC** Documentary.
5.00 **to 6.00** AM **Discovering: Jon Voight**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** True crime.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain with Dermot Murnaghan** James Fairweather.
3.00 **Murdertown** True crime.
4.00 **Cops Gone Bad** James Riley.
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **Last Night Out** New edition
10.00 **Mastermind of Murder**
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder by Medic**
1.00 AM **Last Night Out**
2.00 **Secrets of the Bunny Ranch** New edition Documentary.
3.00 **Criminal Confessions**
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.55 **Secret Army** Double bill.
1.15 PM **David Copperfield**
3.35 **The Dick Emery Show**
5.25 **Secret Army** Double bill.
7.45 **David Copperfield** 4/5. David has fallen in love, and hopes that his suitor will return his affection after capturing her attention at her birthday party. **8.55** 5/5. The final chapter of David's story sees him dealing with love and loss. (S1)
10.05 **The Dick Emery Show** Triple bill of comic sketches from the bizarre cast of characters played by the multi-faced funnyman.
12.00 M'T **Louis Theroux's Forbidden America** The film-maker returns to the US to explore the impact of the internet and social media on some of the most controversial corners of American society.
1.20 AM **Secret Army**
2.30 **David Copperfield**
4.25 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Guardians of the Wild**
11.00 **Wildlife ER**
12.00 NOON **My Best Friend's an Animal** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Guardians of the Wild**
5.00 **Wildest New Zealand**
6.00 **My Best Friend's an Animal**
7.00 **Monkey Life** Double bill.
8.00 **Animals at Play** The reasons why young animals play.
9.00 **13 Hours to Survive**
10.00 **My Best Friend's an Animal** How cockatoos and platypuses inspired new careers.
11.00 **Wildest New Zealand**
12.00 M'T **Wildlife ER**
1.00 AM **Planet Weird**
2.00 **Animals at Play** As 8.00pm.
3.00 **13 Hours to Survive**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Cannibal Sharks**
3.00 **Shark Alley**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The Columbus Zoo makes room for three new cheetah cubs.
8.00 **Fish Tank Kings** A procedure on a case of shark eggs.
9.00 **Building Penguin Paradise** SeaWorld Orlando's project of creating a penguin display.
10.00 **Alaska: The Next Generation** Alaskans use their knowledge of the land to survive.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 141 166

8.00 AM **Betrayed** Debbie Ashley.
9.00 **Evil Online** Double bill.
11.00 **Deadly Secrets**
1.00 PM **Evil Stepmothers**
3.00 **The Killer Beside Me**
5.00 **Married with Secrets**
6.00 **Obsession: Dark Desires**
7.00 **Still a Mystery** The murder of a pregnant woman who was killed delivering newspapers. **8.00** After moving in with her new boyfriend, a woman was shot dead and an engaged couple murdered.
9.00 **Evil Lives Here** Desiree's life upends when her dad marries a cold and controlling woman who secretly plans to commit a cold-blooded murder.
10.00 **Signs of a Psychopath**
11.00 **A Crime to Remember** A case from 1968 in which a woman was found with gunshot wounds.
12.00 M'T **Reasonable Doubt**
2.00 AM **Married with Secrets**
3.00 **Obsession: Dark Desires**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens: Secret Science** Documentary.
7.00 **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Swamp Mysteries with Troy Landry** The Skunk Ape.
10.00 **Blown Away**
11.00 **Ancient Aliens: Secret Science**
12.00 NOON **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Custer: The Final Mystery**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **UFO Hunters**
6.00 **Combat Trains**
7.00 **What on Earth?** Exploring the mystery of a vanishing lake.
8.00 **Alien Files Reopened**
9.00 **Hitler's Engineers**
10.00 **Evidence of the Unexplained**
11.00 **History's Crazy Rich Ancients**
12.00 M'T **Ancient Aliens: Secret Science** Documentary.
1.00 AM **Ancient Aliens**
2.00 **Hitler's Engineers** As 9.00pm.
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **to 6.00** AM **UFO Hunters**

Discovery History

174 147 181 320 325

7.00 AM **Mysteries at the Museum**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Mysteries at the Museum** Don investigates an ominous orb with unusual powers.
9.00 **Secret Space Escapes** A toxic ammonia leak endangers an entire crew.
10.00 **How Do They Do It?** Floats for the Mardi Gras carnival. **10.30** Harvesting the world's most expensive tea.
11.00 **World's Top 5** Behind the world's most powerful ships.
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers** Double bill.
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Triumph Spitfire.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A custom hot rod.
4.00 **Custom Carolina**
5.00 **Motor Pickers** Double bill.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** The team work on the '60 Chevy Impala.
9.00 **Richard Hammond's Workshop**
10.00 **Texas Metal** Documentary.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** A risky Triumph Spitfire.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **Buffalo Kids** As 1.50pm.
8.30 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
10.15 **Juror #2** As 6.00pm.
12.15 PM **Sacramento** Comedy. (2024, 15, 89min) ★★★
1.50 **Buffalo Kids** Animated with the voice of Gemma Arterton. (2024, U, 79min) ★★★
3.30 **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
6.00 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★

10.50 Strange Darling

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges a friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Strange Darling Thriller starring Willa Fitzgerald and Kyle Gallner. A one-night stand devolves into a serial killer's vicious killing spree and a cat-and-mouse chase. (2023, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★
2.30 **I Don't Understand You** Horror. (2024, 15, 97min) ★★★
4.15 **to 6.30** AM **William Tell** Drama starring Claes Bang. (2025, 15, 133min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Madame Web** (2024)
8.10 **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
10.00 **Knocked Up** As 8.00pm.
12.15 PM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
2.15 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
4.15 **Charlie's Angels** Comedy. (2000, 15, 97min) ★★★★
6.00 **Charlie's Angels: Full Throttle** Comedy sequel. (2003, 12, 106min) ★★

6.00 Charlie's Angels: Full...

8.00 Knocked Up Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets an attractive TV reporter pregnant during a drunken one-night stand. With Paul Rudd and Leslie Mann. (2007, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 The Holiday Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Madame Web** Adventure. (2024, 12, 116min) ★★★
2.35 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
4.35 **Sky Cinema Preview**
4.45 **to 6.45** AM **Madame Web**

Sky Cinema Drama

310 310 410 510 524

7.30 AM **Touch** As 10.25pm.
9.40 **Eternal Sunshine of the Spotless Mind** As 2.20am.
11.45 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
1.40 PM **Lost in Translation** Romantic comedy drama. (2003, 15, 102min) ★★★★★
3.35 **Tommy** Ken Russell's musical. (1975, 15, 111 min) ★★★★
5.40 **A League of Their Own** Comedy starring Tom Hanks, Geena Davis and Madonna. (1992, PG, 124min) ★★★★
8.00 **The Great Gatsby** Romantic drama starring Robert Redford, Mia Farrow and Bruce Dern. (1974, 12, 146min) ★★★
10.25 **Touch** Icelandic romantic drama starring Egill Olafsson. A man embarks on an emotional journey to find his first love who disappeared years ago. Subtitled. (2024, 15, 121 min) ★★★★
12.35 AM **Wimbledon** Comedy. (2004, 12, 98min) ★★★
2.20 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
4.20 **to 6.05** AM **Five Easy Pieces** Drama starring Jack Nicholson. (1970, 15, 98min) ★★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.40 AM **The Ring** Horror chiller. (2002, 15, 115min) ★★★
8.40 **Restore Point** Sci-fi thriller. (2023, 15, 115min) ★★★★
10.40 **Chappie** As shown at 1.40am.
12.50 PM **I Am Legend** Sci-fi horror. (2007, 15, 101 min) ★★★★
2.35 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
4.30 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
6.25 **Paranormal Activity: The Ghost Dimension** Horror sequel starring Chris J Murray. (2015, 15, 88min) ★
8.00 **Men in Black** Sci-fi comedy starring Tommy Lee Jones. (1997, PG, 94min) ★★★★
9.45 **The Island** Sci-fi thriller starring Ewan McGregor. In the year 2019, one of the inhabitants of a hermetically sealed facility makes a discovery about the purpose of his existence. (2005, 12, 136min) ★★★
12.05 AM **Out of Darkness** Prehistoric horror with Iola Evans. Subtitled. (2022, 15, 88min) ★★★
1.40 **Chappie** Sci-fi action thriller. (2015, 15, 120min) ★★
3.50 **Sick** Horror. (2022, 18) ★★★
5.20 **to 7.05** AM **Lisa Frankenstein** Horror. (2024, 15, 101 min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.20 AM **Journey to the Center of the Earth** As 4.00pm.
9.00 **Journey 2: The Mysterious Island** As shown at 5.40pm.
10.45 **Ride On** As 9.40pm.
1.00 PM **Stuart Little** Adventure. (1999, U, 84min) ★★★★★
2.35 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
4.00 **Journey to the Center of the Earth** (2008, PG) ★★
5.40 **Journey 2: The Mysterious Island** (2012, PG) ★★★

7.25 Stardust

7.25 **Stardust** Comedy adventure starring Claire Danes, Charlie Cox, Michelle Pfeiffer and Robert De Niro. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

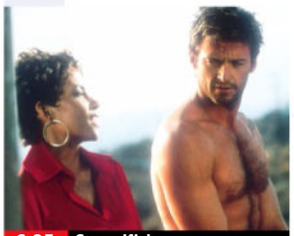
9.40 **Ride On** Chinese drama starring Jackie Chan. A washed-up stuntman becomes an overnight sensation when his fight with debt collectors goes viral. Subtitled. (2023, PG, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James and Raini Rodriguez. (2015, PG, 92min) ★★
1.40 AM **My Penguin Friend** Drama starring Jean Reno. (2024, PG, 105min) ★★★★
3.25 **Beethoven's 2nd** Comedy sequel starring Charles Grodin. (1993, U, 89min) ★★
5.05 **to 6.50** AM **Look Who's Talking Now** Comedy sequel. (1993, 12, 95min) ★

Sky Cinema Action

307 307 407 507 521

7.15 AM **The Legend of Tarzan** Action adventure. (2016, 12, 110min) ★★★
9.20 **Bad Boys II** Comedy sequel. (2003, 15, 147min) ★★★
11.50 **American Night** Drama. (2021, 15, 123min) ★★★
2.05 PM **The Mummy** Adventure. (1999, 15, 124min) ★★★★
4.15 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
6.05 **Swordfish** Action thriller. (2001, 15, 99min) ★★★



6.05 Swordfish

8.00 **The Mummy Returns** Adventure sequel starring Brendan Fraser. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries – an evil ancient Egyptian high priest and a fierce warrior who has been frozen in time for five millennia. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Twister** Disaster movie starring Helen Hunt, Bill Paxton and Jami Gertz. (1996, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Project A, Part II** Chinese comic adventure starring Jackie Chan. Subtitled. (1987, 15, 94min) ★★★
2.05 **Crime Story** Chinese thriller starring Jackie Chan. Subtitled. (1993, 18, 107min) ★★★
3.55 **Magnificent Warriors** Adventure starring Michelle Yeoh. (1987, 18, 91min) ★★★
5.30 **to 7.25** AM **Project A** Thriller. (1985, 12, 72min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

7.00 AM **A Night at the Roxbury** Comedy. (1998, 15, 82min) ★
8.25 **Junior** As shown at 4.10pm.
10.20 **Twins** As shown at 6.05pm.
12.10 PM **The Truman Show** Comedy starring Jim Carrey. (1997, PG, 99min) ★★★★
1.55 **The Sting** As 1.35am.
4.10 **Junior** Comedy starring Arnold Schwarzenegger. (1994, PG, 110min) ★★★
6.05 **Twins** Action comedy. (1988, PG, 107min) ★★★

8.00 The Blues Brothers

8.00 **The Blues Brothers** Cult comedy from John Landis starring John Belushi and Dan Aykroyd as delinquent brothers who get their old R&B band back together to save the orphanage that was their childhood home. (1980, 15, 135min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

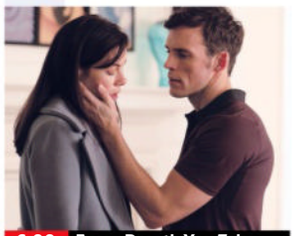
10.15 **The Cable Guy** Comedy with Jim Carrey. A man finds his life spiralling out of control after he strikes up a friendship with a cable TV man. (1996, 12, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Mr Deeds** Comedy with Adam Sandler and Winona Ryder. (2002, 12, 96min) ★★★
1.35 AM **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
3.50 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
5.40 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Marlowe** Crime thriller. (2022, 15, 110min) ★★
8.20 **Every Breath You Take**
10.15 **The Good Neighbour** Thriller. (2022, 15, 97min) ★★★
12.15 PM **Absolution** As 12.20am.
2.20 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
4.20 **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
6.00 **Every Breath You Take** Thriller starring Casey Affleck. (2021, 15, 105min) ★★★



6.00 Every Breath You Take

8.00 **Split** Thriller starring James McAvoy and Anya Taylor-Joy. After being abducted by a kidnapper with multiple personalities, three young women are engaged in a fight for survival. With Haley Lu Richardson. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Collateral** Michael Mann's thriller starring Tom Cruise. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Absolution** Crime thriller. (2024, 15, 112min) ★★★
2.25 **Swallowed** Horror thriller. (2022, 18, 96min) ★★
4.15 **to 6.10** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Hell is a City** Thriller. (1959, b/w, PG, 100min) ★★★
12.55 PM **Yesterday's Enemy** World War Two drama. (1959, b/w, PG, 95min)
2.45 **The 300 Spartans** Adventure. (1962, PG, 113min) ★★★
5.00 **Gunman's Walk** Western. (1958, PG, 95min) ★★
6.50 **A Beautiful Day in the Neighborhood** Drama. (2019, PG, 109min) ★★★★

6.50 A Beautiful Day in the...

A Beautiful Day in the Neighborhood (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Burnt Orange Heresy** Action thriller starring Claes Bang. Hired to steal a rare painting from one of the most enigmatic artists of all time, an ambitious dealer becomes consumed by his own greed. (2019, 15, 99min) ★★★
1.25 **to 3.20** AM **The Craft: Legacy** Horror starring Cailee Spaeny. (2020, 15, 97min) ★★★★

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

7.30 AM **The Wasp** Thriller. (2024, 15, 96min) ★★★★
9.15 **I Don't Understand You** Horror. (2024, 15, 97min) ★★★
11.00 **Sharp Corner** As 8.00pm.
1.00 PM **Babes** Comedy. (2024, 15, 104min) ★★★★
2.50 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
4.25 **Cleaner** Crime action thriller. (2025, 15, 97min) ★★★

6.10 **Your Monster** Romantic comedy with Melissa Barrera. (2024, 15, 104min) ★★★★
8.00 **Sharp Corner** Thriller starring Ben Foster. A family man becomes obsessed with saving car accident victims on the corner in front of his house. (2024, 15, 110min) ★★★★
10.00 **A Different Man** Thriller with Sebastian Stan. After facial surgery, an actor fixates on a stage production based on his past. (2024, 15, 112min) ★★★★

12.00 M'T **Kill** Thriller. (2023, 15) ★★★
1.40 AM **Twilight of the Warriors: Walled In** Chinese crime thriller with Raymond Lam. Subtitled. (2024, 15, 126min) ★★★
3.50 **Babes** As shown at 1.00pm.
5.40 **to 7.30** AM **Turn Me On** Fantasy. (2024, 15, 99min) ★★★

Sky Cinema Greats

304 304 404 504 518

8.00 AM **Star Trek III – The Search for Spock** As shown at 1.05am.
10.00 **Melancholia** As 5.00am.
11.45 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
1.45 PM **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
4.15 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
6.15 **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★

8.00 **Superman II** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★
10.10 **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families, starring Marlon Brando, Al Pacino, James Caan, Robert Duvall and Diane Keaton. (1971, 15, 167min) ★★★★★

1.05 AM **Star Trek III – The Search for Spock** Sci-fi adventure sequel. (1984, PG, 105min) ★★
2.55 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
5.00 **to 6.30** AM **Melancholia** Drama. (1989, 15, 85min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★
8.00 **Trolls Band Together** (2023)
9.40 **Extinct** Animated adventure. (2021, U, 84min) ★★★
11.15 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
12.50 PM **Kung Fu Panda 2** Animated adventure sequel. (2011, PG, 90min) ★★★★

2.25 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
4.00 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★
5.50 **Kung Fu Panda 3** Animated sequel. (2016, PG) ★★★★
7.35 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
9.25 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
11.00 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★

12.30 AM **Batman: Return of the Caped Crusaders** (2016) ★★★★
2.00 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
3.30 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
5.00 **to 6.40** AM **Madagascar 3: Europe's Most Wanted** (2012)

Movies 24

312 313 419

7.00 AM **The Holiday Stocking** Fantasy. (2022, PG, 84min) ★★
9.00 **Sugarplummed** Romantic drama. (2024, PG, 90min) ★★
11.00 **#Xmas** Comedy with Clare Bowen. (2022, PG, 90min) ★★
1.00 PM **Christmas Bedtime Stories** Drama. (2022, PG, 90min) ★★
3.00 **A Carol for Two** Drama with Ginna Claire Mason and Jordan Litz. (2024, PG, 90min) ★★

5.00 **A Christmas for the Ages** Drama. (2023, PG, 85min) ★★
7.00 **A Miracle in Bethlehem** Drama. (2023, PG, 90min) ★★
9.00 **Following Yonder Star** Festive romantic drama starring Brooke D'Orsay. A celebrity fleeing a scandal finds new purpose while helping a small town teacher organise a Christmas pageant. (2024, PG, 84min) ★★
11.00 **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★

1.00 AM **To All a Good Night** Drama starring Kimberley Sustad. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Hanukkah on Rye** Romantic comedy with Jeremy Jordan. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Seven Doors to Death** Mystery. (1944, b/w, PG) ★★
7.15 **I Lived with You** Drama. (1933, b/w, U, 100min) ★★★
9.10 **Topper Returns** (1941, U) ★★★
10.55 **Inn for Trouble** Comedy. (1960, b/w, U, 90min) ★★
12.40 PM **What's On TPTV with Noel**
12.50 **Charade** Romantic comedy. (1963, PG, 114min) ★★★★★
3.10 **Jassy** Drama. (1947, PG) ★★

5.10 **Look at Life** Documentary.
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 38/38. (S3)
7.05 **Batman** 18/60. (S2)
7.35 **Dial 999** 14/39. (S1)
8.10 **Across the Bridge** Drama. (1957, b/w, PG, 103min) ★★★
10.15 **Cellar Club with Caroline Munro**
10.20 **The Revenge of Frankenstein** Horror starring Peter Cushing. (1958, 12, 86min) ★★★
12.10 AM **Cellar Club with Caroline...**
12.15 **Fragment of Fear** Thriller. (1971, 15, 95min) ★★★

2.05 **Cellar Club with Caroline Munro**
2.10 **Hammer House of Mystery and Suspense** 8/13. (S1)
3.40 **Monster from Green Hell** (1957)
5.00 **A Lifetime Ago with the Baim Collection**
5.30 **to 6.00** AM **The Beverly Hillbillies**

8 PM
9 PM
10 PM
11 PM

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
10.30 LIVE **British and Irish Lions Tour First Nations & Pasifika XV v British & Irish Lions.** Coverage of the warm-up match staged at Marvel Stadium in Melbourne. Kick-off **11.00am**.
1.45 PM LIVE **Women's One-Day International Cricket England v India.** Coverage of the third ODI in the three-match series staged at Banks Homes Riverside in Chester-le-Street, County Durham. The hosts are looking for their first ODI series win against India since 2021, when they won 2-1 across three games.
8.30 LIVE **World Matchplay Darts** Coverage of the fourth day of the tournament staged at Winter Gardens in Blackpool, which is scheduled to feature four second-round matches.
12.00 M'T LIVE **WTA & ATP Tennis** Day two of the Washington Open, a hard-court tournament at William H.G. FitzGerald Tennis Center in Washington D.C.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** A replay of Arsenal v Wigan Athletic from 2006.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** West Ham United v Crystal Palace. **5.30** West Ham United v Everton. **6.00** Highlights from West Ham United v Ipswich Town. **6.30** Highlights from West Ham United v Southampton. **7.00** Action from Wolverhampton Wanderers v Arsenal. **7.30** Action from Wolverhampton Wanderers v Bournemouth.
8.00 **Gary Neville's Soccerbox**
9.00 **Tackling the Stigma**
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Best Moments from the Championship Play-Off Final (1993-2019)** Memorable finals.
8.30 **Best Moments from the League 1 & 2 Play-Off Final (1993-2019)** Classic finals.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2015 final.
11.00 **There's Only One Sauzee**
11.30 **Dundee United: Champions 83** The 1982/83 title triumph.
12.00 NOON **SPFL Greatest Games**
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup** Chelsea v Liverpool.
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **EFL Trophy Football**
6.00 **SPFL: Old Firm Derby Best Goals** Memorable goals.
6.30 **SPFL: Edinburgh Derby Best Goals** Memorable goals.
7.00 **Craig Brown: My Scotland**
7.30 **There's Only One Sauzee**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 M'T **EFL** The 2016/17 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
10.00 **The Film Room: England v India**
10.30 **Women's One-Day International Cricket**
12.30 PM LIVE **Women's One-Day International Cricket England v India.** Coverage of the third ODI in the three-match series staged at Banks Homes Riverside in Chester-le-Street, County Durham. The hosts are looking for their first ODI series win against India since 2021, when they won 2-1 across three games.
9.00 **Ashes Greats** Adam Gilchrist's performances in 2001. **9.10** Glenn McGrath's performances in 2001. **9.20** Andrew Flintoff's performances in 2005.
9.30 **The Film Room: England v India** The 2011 Test match.
10.00 **Women's One-Day International Cricket** England v India staged at Lord's in London.
12.00 M'T **Best of England v India**
1.00 AM **Women's One-Day International Cricket**
5.00 **Best of ICC WT20**
5.15 **Best of England v India**
5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **The Open Zone**
7.00 **Golf Academy** Expert tips.
7.30 **Playing Lessons**
8.00 **Turkish Airlines Masterclass**
8.30 **Nick Dougherty's Tee Time Tips**
9.30 **HotelPlanner Tour Golf**
10.00 **PGA Tour Golf** Event review.
11.00 **The Open** Action from day four.
12.00 NOON **Best of the Open Zone**
1.00 PM **Golf Academy**
2.00 **Playing Lessons**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **HotelPlanner Tour Golf**
4.30 **PGA Tour Golf** Event review.
5.30 **The Open** The fourth day.
6.30 **HotelPlanner Tour Golf**
7.00 **Story of the 2012 Ryder Cup**
9.00 **PGA Tour Golf** Event review.
10.00 **The Open** Action from day four.
11.00 **HotelPlanner Tour Golf**
11.30 **Nick Dougherty's Tee Time Tips**
12.00 M'T **Best of the Open Zone**
1.00 AM **Golf Academy**
2.00 **Playing Lessons** Expert tips.
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **The Open Zone**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
10.00 PM LIVE **WTA & ATP Tennis** The second day of the Washington Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in Washington D.C.
3.00 AM **Bitesize Tennis**
3.45 **Frances Tiafoe Podcast 2024**
4.00 **to 6.00** AM **ATP & WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League Greatest Nights**
7.00 **Tour de France Highlights**
8.00 **Training Day** Double bill.
9.00 **T20 Cricket Highlights**
10.00 **Cycling: Tour de France**
11.00 LIVE **Cycling: Tour de France** Coverage of the 16th stage, which consists of a 171.5km route from Montpellier to the top of the infamous Mont Ventoux.
4.30 PM **Race Bikes**
5.00 **Sign Up – Into Football**
6.00 **V8 Supercars Highlights**
8.00 **MotoGP Rewind**
8.15 **British Speedway**
9.15 **Tom Aspinall's Fight Lab**
9.30 **Fight Week** A review of UFC 318 at Smoothie King Center in New Orleans, Louisiana.
10.01 **MLB Highlights**
11.00 **MLB Lead Off**
11.30 LIVE **MLB Tampa Bay Rays v Chicago White Sox.** Coverage of the American League match staged at George M. Steinbrenner Field. Start-time is at **12.35am**.
2.30 AM **MLB Closer**
3.00 **UFC Fight Flashback**
4.00 **MLB Classic** From 2010.
5.45 **to 6.00** AM **The Gruppetto**

TNT Sports 2

411 414 522 409 431

6.00 AM **IFSC Climbing World Cup Highlights** From Madrid, Spain.
7.00 **TNT Sports Cricket Reload**
7.30 **V8 Supercars Highlights**
9.30 **WRC Review** Rally Estonia.
10.30 **MotoGP** Grand Prix of Czechia.
2.00 PM **MotoGP Chequered Flag**
3.00 **MotoGP Films**
3.15 **Tom Daley: 1.6 Seconds**
5.00 **WRC Review** Rally Estonia.
6.00 **Fishing: On the Bank** Action from the Penn Couch Open.
7.00 **Pound Land** Trials and tribulations of Ken Bates and Matthew Harding.
8.30 **Premier League Review** A look back at the 2024/25 Premier League season.
10.30 **WRC Review** A look back at Rally Estonia, which served as the eighth round of the season.
11.30 **Tour de France Highlights** Action from the 16th stage.
12.30 AM **TNT Sports Cricket Reload**
12.45 LIVE **International T20 Cricket West Indies v Australia.** Coverage of the second Twenty20 in the five-match series staged at Sabina Park in Kingston, Jamaica.
5.00 **Race Bikes** The first downhill bike.
5.30 **to 6.00** AM **What I Wore**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **The Rugby Championship**
8.15 **Lions Legends** Profiles.
9.30 **British and Irish Lions Tour**
10.30 LIVE **British and Irish Lions Tour First Nations & Pasifika XV v British & Irish Lions.** Coverage of the warm-up match staged at Marvel Stadium in Melbourne. The Lions step into the unknown as they face a newly-formed side for this 2025 tour, made up of indigenous Australian and Pacific Islands heritage players. Kick-off **11.00am**.
1.45 PM **Lions Legends**
2.30 **The Rugby Championship**
4.45 **Lions Legends** Profiles.
6.00 **British and Irish Lions Tour** Highlights of First Nations & Pasifika XV v British & Irish Lions at Marvel Stadium in Melbourne.
7.00 LIVE **World Matchplay Darts** Coverage of the fourth day of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four second-round matches.
12.00 M'T **British and Irish Lions Tour**
2.00 AM **Lions Legends**
4.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Sheffield United v Bristol City at Bramall Lane. **6.30** Sunderland v Coventry City.
7.00 **Good Morning Sports Fans**
10.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
1.00 PM **Good Morning Football**
3.00 LIVE **WTA & ATP Tennis** Further coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
10.00 LIVE **WTA & ATP Tennis** Coverage of day two of the Washington Open from William H.G. FitzGerald Tennis Center in Washington D.C. This is just the third WTA 500 competition here after its upgrade in 2023, when Coco Gauff beat Maria Sakkari 6-2, 6-3 that year. Last year saw Spain's Paula Badosa defeat Marie Bouzkova 6-1, 4-6, 6-4 to claim her fourth WTA title.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **ATP Tennis** Swedish Open final.
8.00 **WTA Tennis** Recent highlights.
10.00 **PGA Tour Golf** Event review.
11.00 LIVE **World Pool Championship** Coverage of the first session on day two of the nineball event staged at Green Halls in Jeddah, Saudi Arabia.
3.30 PM **PDC Classics** From 1997.
4.00 **Women's One-Day International Cricket**
5.00 LIVE **World Pool Championship** Coverage of the second session on day two of the nineball event from Green Halls in Jeddah, Saudi Arabia.
10.00 **PGA Tour Golf**
11.00 **The Open** Day four of the Major.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's One-Day International Cricket**
3.00 **EFL Greatest Games**
4.00 **The Open Zone**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 415 523 410 432

6.00 AM **TCR World Tour Review**
6.30 **Premier League** A replay of Ipswich Town v Liverpool. **8.00** Action from Brighton & Hove Albion v Manchester United. **9.30** A replay of Arsenal v Brighton & Hove Albion. **11.00** All the action from Southampton v Manchester United.
12.30 PM **Premier League** Action from West Ham United v Chelsea. **2.00** A replay of Newcastle United v Manchester City. **3.30** Crystal Palace v Liverpool. **5.00** A replay of Tottenham Hotspur v West Ham United.
6.30 **Premier League Stories**
7.00 **SailGP Highlights**
8.00 **Cycling: Tour de France**
9.00 **The Gruppetto** Cycling action.
9.15 **Race Bikes** The first downhill bike.
9.45 **SHEENE** The life of Barry Sheene.
11.00 **MotoGP** Grand Prix of Czechia.
2.30 AM **MotoGP Chequered Flag**
3.30 **to 6.00** AM **Premier League**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** All the action from West Coast Eagles v Richmond. **7.30** Geelong Cats v St Kilda. **9.00** Collingwood v Fremantle. **10.30** Action from Adelaide Crows v Gold Coast Suns.
12.00 NOON **IFSC Climbing World Cup Highlights**
1.00 PM **MLB Highlights**
2.00 **T20 Cricket Highlights**
3.00 **SailGP Highlights**
4.00 **Training Day** Double bill.
4.30 LIVE **Summer World University Games** Coverage from the second day of the athletics competition at the event staged in Rhine-Ruhr, Germany.
9.00 **IFSC Climbing World Cup** Highlights from Madrid, Spain.
10.00 **UEFA Champions League**
10.30 **AFL** A chance to see Essendon Bombers v GWS Giants. **12.00** M'T Action from Brisbane Lions v Western Bulldogs.
1.30 **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **PSA Squash Highlights**
7.00 **World Surf League**
8.00 **Transworld Sport** Magazine.
9.00 **Motorsport Highlights**
10.30 **Scottish Rally Championship**
11.00 **LaLiga Specials**
12.00 **UK Independent Kart Racing**
1.30 PM **LaLiga Specials**
2.00 **FIM Sidecarcross**
3.00 **World Surf League**
4.00 **Scottish Rally Championship**
4.30 **NASCAR Highlights**
5.30 **Premier Sports Cup**
7.30 LIVE **Premier Sports Cup Motherwell v Morton.** Coverage from Fir Park. Kick-off **7.45pm**.
10.15 **Football Highlights**
12.00 M'T **Motorsport** Le Mans Classic.
12.30 AM **Transworld Sport** Magazine.
1.30 **LaLiga Specials**
2.00 **DTM Highlights**
3.00 **NASCAR Highlights**
4.00 **LaLiga Specials**
4.30 **to 6.00** AM **UK Independent Kart Racing**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Magazine.
9.30 **GP Confidential**
10.00 **LaLiga Specials**
11.00 **Major League Cricket** Action from Texas Super Kings v Washington Freedom.
3.30 PM **CONCACAF Gold Cup**
5.25 **Football's Greatest**
5.55 LIVE **Swedish Speedway Rospiggarna v Indianerna.** Start-time is at **6.00pm**.
8.00 **Bike World** Magazine.
8.30 **GP Confidential** All the latest Formula One news.
9.00 **LaLiga Specials** Action from the 2023/24 season.
10.00 **CONCACAF Gold Cup** A chance to see Mexico v Costa Rica.
12.00 M'T **Football's Greatest**
12.30 AM **LaLiga Specials**
1.00 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers.
4.30 **Bike World** Magazine.
5.00 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Highlights.
5.00 PM **F1 Classic Races** The 1982 Belgian Grand Prix.
5.45 **Adrian Newey IV**
6.00 **Formula 1** Highlights from the 2016 Belgian Grand Prix. **7.00** Highlights from the 2017 Belgian Grand Prix.
8.00 **Formula 1** Highlights from the 2018 Belgian Grand Prix.
9.00 **Indycar** Highlights of the Ontario Honda Dealers Indy Toronto.
10.00 **Formula 1** Action from the 2019 Belgian Grand Prix.
11.00 **Indycar** Highlights of the Ontario Honda Dealers Indy Toronto.
12.00 M'T **Formula 1** Highlights.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday

SEE WHATTOWATCH.COM FOR SCHEDULE UPDATES

23 July

Evening Planner

Wednesday

Football

Women's Euro 2025

BBC1 or ITV1, kick-off 8pm

Live action from the second semi-final at Stadion Letzigrun in Zurich, as two teams battle it out for a place in Sunday's final.

OnDemand

Disney+

Washington Black

Available today

Following the story of a young boy from Barbados to the wider world, this is an adventure of epic proportions.

OnDemand

NETFLIX

Critical: Between Life and Death

Available today

Cameras follow trauma teams at the Royal London Hospital.

OnDemand

prime

Tin Soldier

Available today

Scott Eastwood stars as a former soldier who has to face his demons and infiltrate the cult he once fled. With Jamie Foxx.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives	7.30 EastEnders	8.00 The Repair Shop: Favourite Fixes		9.00 The Great British Sewing Bee		10.00 News; Local News	
	102 BBC2	7.00 Today at the Test		8.00 Amazing Hotels: Life Beyond the Lobby		9.00 Mix Tape		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Can't Sell, Must Sell		9.00 The Couple Next Door		10.00 Gogglebox	
	105 5	7.00 Shoplifters: Caught Red Handed		8.00 Call the Bailiffs: Time to Pay Up		9.00 Casualty 24/7: Every Second Counts		10.00 The Hospital: Life on the Line	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Film: Stargate				10.15 S.W.A.T.	
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 Top Gear		9.00 Ghosts US	9.45 Spud	10.05 Pretty Little Liars: Original Sin	
	116 BBC4	7.00 A Summer...	7.30 The Flying...	8.00 Churchill: When Britain Said No		9.00 The Improbable Mr Attlee		10.15 After Miss Julie	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Extraordinary	10.35 Family Guy
	136 MORE4	‹ 6.55 The Dog House New Zealand		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country				10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 The White Lotus		10.05 True Detective	
	110 U&GOLD		7.15 Dad's Army	7.55 Still Open All Hours	8.30 The Vicar of Dibley			10.00 The Royle Family	10.40 Fast...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Police Academy 7: Mission to Moscow			9.45 Film: Beverly Hills Cop		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Kevin & Perry Go Large			10.40 Whose...
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Walking Dead		10.00 The Leftovers	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Agatha Raisin				10.00 S.W.A.T.	
	109 U&ALIBI	7.00 Death in Paradise		8.00 Bookish					10.25 Father Brown
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Bill Bailey's Master Crafters: The Next...		9.00 Stories from Tate Britain		10.00 Decoding Turner	
	132 U&W	7.00 Inside the Ambulance		8.00 Side Hustlers		9.00 Stacey Dooley Sleeps Over USA		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Secret Nazi Science		9.00 Hitler's Teen Killers		10.00 Hitler's Last Stand	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve		8.00 Secret Nazi Bases		9.00 Equator		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Lockerbie		8.00 The Russell Murders: Who Killed Lin...		9.00 Death of a Showjumper		10.00 Tell Them You Love Me	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Wicked		8.00 Gladiator II					10.30 Juror #2
	302 2025 RECAP	‹ 6.00 A Different Man		8.00 Thelma			9.45 The Killer		
	303 HITS	‹ 5.55 Passengers		8.00 Venom: The Last Dance				10.00 King Kong	
	304 GREATS	‹ 6.15 Enter the Dragon		8.00 Superman III				10.05 The Godfather Part II	
	305 ANIMATION	‹ 5.45 The Boss Baby	7.30 Cloudy with a Chance of Meatballs			9.10 Cloudy with a Chance of Meatballs 2			
	306 FAMILY	‹ 5.35 Monster...	7.25 The Smurfs			9.15 The Smurfs 2			
	307 ACTION	‹ 5.55 Jason Bourne		8.00 The Scorpion King			9.35 Godzilla x Kong: The New Empire		
	308 BUDDY FILMS	‹ 6.15 Big Daddy		8.00 Daddy's Home 2			9.45 Ride Along		
	309 THRILLER	‹ 5.45 Red Dragon		8.00 Ocean's Eleven				10.10 False Positive	
	310 DRAMA	‹ 5.45 The Blind Side		8.00 Erin Brockovich				10.15 ...And Justice for All	
	311 SCI-FI	‹ 6.05 Annabelle		8.00 The Meg			9.55 The Birds		
	313 FILM4	‹ 6.55 Belle				9.00 Die Hard			
SPORT	401 MAIN EVENT	7.00 World Matchplay Darts – Live: Coverage of day five of the tournament from Winter Gardens in Blackpool							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 MNF Hlts	8.00 Gary Neville's...	8.30 PL Stories	9.00 Outraged: Football's Discrimination		10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL Rivalries		8.00 EFL Greatest Games				10.00 EFL Cup Highlights	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of England v India			9.00 Test Cricket		10.00 Women's International One-Day...	
	410 TNT SPORTS 1	‹ 5.00 MLB – Live: Atlanta Braves v San Francisco Giants			8.30 MLB Plays of...	9.00 MLB – Live: Los Angeles Dodgers v Minnesota Twins (Start-time 9.10)			
	411 TNT SPORTS 2	7.00 MotoGP Highlights		8.00 Tour de France Men Highlights		9.00 Training Day	9.30 Race Bikes	10.00 Discovery Golf	10.30 SailGP...

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

TONIGHT'S BBC AND ITV SCHEDULES WILL BE AFFECTED BY EURO 2025 SEE WHATTOWATCH.COM FOR UPDATES

Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain** (S)(R)
10.15 **Fraud Squad** New edition A fire on an illegal waste site costs the taxpayer £500,000. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz hosted by Alexander Armstrong and Gok Wan. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's football, the schedule will be: **7.30 LIVE Football: Women's Euro 2025** Coverage of the second semi-final at Stadion Letzigrund in Zurich, Switzerland. Kick-off is at 8.00. (S) **10.10 BBC News** (S) **10.40 Local News** (S) **10.50 High Country** Andie has a strange encounter in the woods. (S)(R) **11.30 High Country** An arrest risks losing Andie an ally in the area. (S)(R) **12.15am Weather for the Week Ahead** (S) **12.20-6.00am BBC News** (S)

7 PM

7.00 Our Lives: Row Hard or Row Home – Around Ireland in 32 Days New edition The story of a quest to row around Ireland. (S)

7.30 EastEnders Linda wonders whether she has done the right thing. (AD)

8 PM

8.00 The Repair Shop: Favourite Fixes Bill Paterson looks back at a selection of memorable toy restorations, including a cuddly keepsake that's provided comfort for both a father and son, and a tinplate rocket. (S)(R)

9 PM

9.00 The Great British Sewing Bee New edition 2/10. The sewers tackle activewear, featuring a seven-panel cap, a cycling kit transformation and stylish athleisure to wear from gym to coffee shop. (S)

10 PM

10.00 BBC News (S)
10.30 Local News (S)

10.40 FILM Miami Vice Crime thriller based on the 1980s TV cop series starring Colin Farrell, Jamie Foxx and Gong Li. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Naomie Harris. (S) (2006, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** From Liverpool. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **The Life of Mammals** The tree-dwellers of the animal kingdom. (R)
5.15 **Flog It!** Norwich Cathedral. (S)(R)
6.00 **Richard Osman's House of Games** With Hannah Cockroft, Neil Morrissey, Penny Smith and Rhys Stephenson. (S)(R)
6.30 **Robson Green's Weekend Escapes** The actor and Si King take the scenic route north to Chillingham, where they visit the estate's famous wild cattle. (S)(R)

7.00 Today at the Test

7.00 Today at the Test England v India: The first day of the fourth Test at Old Trafford. The hosts are looking to claim their first Test series victory against India since 2018, having lost two and drawn one series since then. (S)

8.00 Amazing Hotels: Life Beyond the Lobby Monica Galetti and Rob Rinder visit Glenapp Castle in South Ayrshire, working alongside the staff to find out how they deliver a five-star experience for their guests. (S)(R)(AD)

9.00 Mix Tape Series finale 4/4. In 1989, Daniel is left reeling and heartbroken at Alison's sudden disappearance, while in 2015, a betrayal takes Daniel by surprise. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10.00 Mortimer & Whitehouse: Gone Fishing 7/8. Bob and Paul fish for rudd at Thornwood Springs Fishery in Essex, and camp overnight in a church. (S)(R)(AD)

10.30 Newsnight (S)

11.00 **FILM Emma** Period drama starring Anya Taylor-Joy. In Regency-era England, a wealthy woman proceeds to interfere in the romantic affairs of her friends. (S) (2020, U, 120min) ★★★★
1.00 AM **Sign Zone: Weatherman Walking** Great Orme. (S)(R)
1.30 **Sign Zone: Policing Paradise** Tourists are stopped on suspicion of carrying illegal drugs. (S)(R)
2.00 **Sign Zone: Ambulance** (S)(R)
3.00 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Alex Brooker, Vicky Pattison and Max Whitlock trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's football, the schedule will be: **7.00pm LIVE Football: Women's Euro 2025** Coverage of the second semi-final at Stadion Letzigrund in Zurich, Switzerland. Kick-off is at 8.00. (S) **10.30 ITV News** (S) **11.00 Local News** (S) **11.15 FILM Creed II** (S)(AD) Boxing drama sequel starring Michael B Jordan. (2018, 12, 130min) ★★★ **1.25am Teleshopping 3.00-3.50am Tour de France Highlights** Stage 17. (S)

7.30 Emmerdale Cain is in turmoil, while John reaches out, and Kim feels furious. (S)(AD)

8.00 Coronation Street Todd's fears for Theo prompt him to lash out at Noah, Ryan reminds Debbie of his noble intentions, Sam vanishes from Audrey's birthday meal, and Dev's clumsy remark upsets Lauren. (S)(AD)

9.00 Long Lost Family A woman brought up by white adoptive parents searches for her birth family, with the investigation leading across the globe, while another tries to fulfil her mother's dying wish and find her sister. (S)(R)(AD)

10.00 ITV News (S)
10.30 Local News (S)

10.45 FILM Creed II Boxing drama sequel starring Michael B Jordan and Sylvester Stallone. Heavyweight champion Adonis Creed faces off against Viktor, the son of Ivan Drago, whom his mentor fought in the 1980s. (S)(AD) (2018, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.50 AM **Teleshopping**
3.00 **Tour de France Highlights** Action from the 17th stage, which consisted of a 160.4km route from Bollene to Valence. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 17-20/25. (S3) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 17-20/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** A Triumph TR7. (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** A delivery driver and company owner transform a family home in Middlesbrough. (S)(R)
5.00 **Chateau DIY** Tim and Sasha host a wedding, but the heat works against them. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** The Rodriguez sisters help fitness-mad couple Kris and Ali relocate to Spain full-time. (S)(R)

9.00 The Couple Next Door

7.00 News (S)

8.00 Can't Sell, Must Sell New edition Stuart and Scarlette Douglas head to Kent to transform two houses that urgently need a buyer, one that is cold and uninviting, and the other bursting with Victorian-style decor. (S)(AD)

9.00 The Couple Next Door Series finale 6/6. Charlotte and Jacob's marriage implodes, and the fallout looks set to have deadly consequences, while Leo and Gemma race to uncover the truth. (S2) (S)(AD)
■ Entire series on C4 Streaming

10.00 Gogglebox The armchair critics review *Sweetpea*, *Paddy and Chris: Road Tripping*, *Who Wants to Be a Millionaire?*, *Solar System*, *Made in Bondi*, *Police Interceptors* and *Roux Back Down the River*. (S)(R)(AD)

11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **NEW Untold: The Secrets of TikTok Shop** (S)(SL)(AD)
12.35 **Ramsay's Kitchen Nightmares USA** From Rhode Island. (S)(R)
1.25 **Undercover Boss USA** (S)(R)
2.15 **FILM Bloodshot** Sci-fi thriller. (S)(SL) (2020, 12, 105min) ★★
4.00 **Devon and Cornwall: Greener Lives** Documentary. (S)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM Dead Over Heels: A Teagarden Mystery** Drama starring Candace Cameron Bure. (S) (2016, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Singer Laura-Elen takes the day off to celebrate her 50th birthday. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Featuring a Chihuahua that has a tendency to be vicious towards its owners. (S)(R)
6.55 **News** (S)

8.00 Call the Bailiffs

7.00 **Shoplifters: Caught Red Handed** How Britain's high streets are fighting back against the rising tide of shoplifting, using security teams with cutting-edge tech. (S)(R)
7.55 **News** (S)

8.00 **Call the Bailiffs: Time to Pay Up** New edition 8/12. In West London, Scott and a team are removing squatters from a council-owned building in which they've been living for nearly a year. (S)(AD)

9.00 **NEW SERIES Casualty 24/7: Every Second Counts** In reception, a 64-year-old man has collapsed and lost consciousness. The casualty team think he has had a heart attack and they need to get him to resus immediately. (S)

10.00 **The Hospital: Life on the Line** A 48-year-old woman needs a heart transplant, but after two failed attempts to find her a viable organ, her health takes a dramatic turn for the worse. (S)(R)

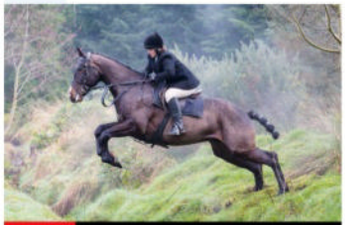
11.05 **A&E After Dark** A man with a suspected overdose is escorted in by police. (S)(R)
12.05 AM **Trauma Room One** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **Inside the World's Most Expensive Hotels** (S)(R)
4.35 **Me & My 10 Kids** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 6/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Bart Gets an F:* Bart risks the prospect of being held back a year. (S)(R)
5.30 *The Last Temptation of Krust:* Krusty spices up his act by adding new material. (S)(R)
6.00 *Simpson and Delilah:* Homer is transformed into a virile high-flyer at work. (S)(R)
6.30 *Two Cars in Every Garage and Three Eyes on Every Fish:* Mr Burns campaigns to become state governor. (S)(R)



11.15 Death of Showjumper

7.00 **The Office (US)** *Gettysburg:* 8/24. Andy tries to inspire the team with a trip to Gettysburg. (S)(R)
7.30 *Mrs California:* 9/24. Robert California puts Andy in a tricky situation with his mixed messages. (S8) (S)(R)

8.00 **FILM Stargate** Sci-fi adventure starring Kurt Russell and James Spader. Egyptologist Dr Daniel Jackson deciphers the hieroglyphs on an ancient device which proves to be a teleportation gate leading to a desert world in another part of the universe. (S)(1994, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.15 **S.W.A.T.** *Vanished:* 1/22. The team look for missing students and a bus driver, who happens to be Hondo's former coach, while Hicks questions a new member's criminal family ties. (S8) (R)(AD)

11.15 **Death of a Showjumper** 3/3. Katie Simpson's family and friends prepare for Jonathan Cresswell's murder trial, but the case takes a turn. (S)(R)(AD)
12.15 AM **The Force: North East** (R)
1.10 **Brit Cops: War on Crime** (R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 6/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Teen Predator/ Online Killer New edition (S) **11.10 FILM** Miami Vice (S) (2006, 15, 120min) ★★★★ **1.10-1.10am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Wales on The One Show (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm NEW SERIES Hardy Bucks (S) **10.25-10.30pm** Suzie Lee's Great Food Made Simple (S)(R)

WALES
Sky 968, Freesat 968
8.00pm Our Lives: The Ultimate Wingwalker New edition (S) **8.30-9.00pm** Dad's Army (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Sioe New edition **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **5.00** Stwnsh **6.00** 24 Awr Newidiodd Gymru New edition **6.10** Taith y Llewod: Llew-Fod **6.57** Newyddion **7.00** Heno O'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Hafiach New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **10.00** Seiclo: Tour de France New edition **10.30** Trysorau'r Teulu **11.30pm-12.35am** Y Sioe

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** David Attenborough looks at life in South America.
7.55 **The Catch Up**
8.00 **Top Gear** Jeremy Clarkson creates his own version of the Battle of Britain.
9.00 **Ghosts US** New episodes 19/22. Trevor's former co-worker arrives at the mansion. **9.25** 20/22. Sam and Jay host a fundraiser for the mayor to earn a favour. (S4)
9.45 **Spud** Comedy drama written by and starring Siobhan McSweeney.
10.05 **Pretty Little Liars: Original Sin** *Aftermath:* 3/10. Imogen uncovers secrets to unmask 'A' **10.55** *The (Fe)male Gaze:* 4/10. The girls cement their friendship when Imogen needs them most. (S1)
11.40 **Ladhood** 5&6/6. (S2)
12.30 AM **Top Gear** As 8.00pm.
1.30 **Hire Me: Competing for a Dream Job**
2.00 **Brickies** Double bill.
3.00 **Press X on the BBC**
3.10 **to 3.55** AM **Ladhood**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary competition from Hull.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help Nikki and Bash make their decision.
6.55 **NEW SERIES The Dog House New Zealand** Life at a rural animal rescue centre in New Zealand.
7.55 **The Dog House** An American bulldog throws his weight around with intrepid couple Katie and James. Meanwhile, 12-year-old terrier Tiddles enjoys a makeover at the groomers.
9.00 **Grand Designs** A recently widowed 82-year-old sets out to build an accessible, ultra-sustainable home.
10.00 **Location, Location, Location Australia** New edition A couple are looking for a private paradise after losing their love life to an all-consuming property hunt, and a year-long search has put Eamon and Kylie at odds with each other.
11.00 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey with Angela Rippon** Angela travels the length of the Kennet and Avon Canal.
7.30 **The Flying Archaeologist: Hadrian's Wall** Taking a flight over Hadrian's Wall.
8.00 **Churchill: When Britain Said No** Why the war leader failed to be elected Prime Minister in 1945.
9.00 **The Improbable Mr Attlee** Profile of the former Prime Minister.
10.00 **Patrick Marber Remembers – After Miss Julie** The playwright reflects on his 1995 project.
10.15 **After Miss Julie** Remake of Strindberg's drama starring Kathy Burke.
11.35 **Country: Play for Today**
12.55 AM **A Summer Journey with Angela Rippon**
1.25 **The Flying Archaeologist: Hadrian's Wall** As 7.30pm.
1.55 **Churchill: When Britain Said No** As 8.00pm.
2.55 **to 3.55** AM **The Improbable Mr Attlee**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** A resident spirals into self-destruction.
7.30 **The Simpsons** *Singin' in the Lane:* Homer and his friends re-form their old bowling team, and end up in a fierce competition.
8.00 **Below Deck** New edition Ben's careless mistake leaves the guests and crew stranded on a remote beach at night in the middle of a storm.
9.00 **Gogglebox** Opinions on *Top Guns: Inside the RAF.*
10.00 **First Dates** Two sisters make a foursome with their dates.
11.05 **Naked Attraction's Best Naughty Bits**
12.05 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.35 **Brooklyn Nine-Nine**
2.35 **The Goldbergs**
3.00 **Modern Family**
3.25 **Below Deck**
4.20 **Ramsay's Kitchen Nightmares USA**
5.10 **Modern Family**
5.35 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

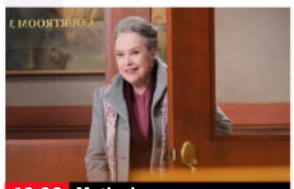
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 2/10. (S7)
12.00 NOON **FBI** 2/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 2/22. The team head to Washington DC to find a fugitive. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**



10.00 Matlock

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Fire Country *This Storm Will Pass:* 5/10. An extremely rare and dangerous fire tornado leaves lives in peril. (S2)

9 PM
9.00 Fire Country *Alert the Sheriff:* 6/10. A fire camp inmate escapes from Three Rock. (S2)

10 PM
10.00 Matlock *Pilot:* 1/19. Septuagenarian Madeline Matlock decides to rejoin the workforce at a prestigious law firm. (S1)
11.00 **FBI** 15&17/22. (S5)
1.00 AM **Fire Country** 7/10. (S2)
2.00 **Law & Order: Special Victims Unit** New episode 19&20/22. Double bill. (S26)
4.00 **The Real A&E** Double bill.
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **True Blood** 1&2/12. (S1)
10.00 **Six Feet Under** (S1)
12.15 PM **House of the Dragon**
1.25 **Gangs of Milan: Blocco 181**
3.35 **True Blood** 1/12. The first episode of the vampire drama starring Anna Paquin.
4.40 2/12. Bill saves Sookie from the Rattrays. (S1)
5.40 **Six Feet Under** 9/13. Claire and Gabe grow closer.
6.45 10/13. Claire frets about Gabe's behaviour and Ruth has dinner with Nikolai. (S1)

7.50 House of the Dragon

7.50 House of the Dragon *The Heirs of the Dragon:* 1/10. King Viserys Targaryen hosts a tournament to celebrate the impending birth of his second child. (S1)

9.00 The White Lotus *Italian Dream:* 2/7. Harper questions Cameron and Daphne's claims about their marriage. (S2)

10.05 True Detective *Night Finds You:* 2/8. Caspere's autopsy reveals the gruesome details of his demise. (S2)
11.10 **Homicide: Life on the Street** 14/22. Ballard investigates the death of a woman found at the bottom of a cliff. (S7)
12.10 AM **Succession** 4&5/10. (S2)
2.30 **The Night Of** 5/8. (S1)
3.45 **House of the Dragon** (S1)
5.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **Magnum P.I.** 1/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 20/22. (S1)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 6/22. (S5)
5.00 **SEAL Team** 19/22. Ray is dangerously distracted when he goes undercover. (S1)
6.00 **Stargate Atlantis** 3/20. Teyla and Sheppard are taken captive by a former soldier whose unit was wiped out. (S2)

8.00 Agatha Raisin

7.00 Stargate Atlantis *Duet:* 4/20. McKay is rescued from a Wraith ship with a security officer. (S2)

8.00 Agatha Raisin *As the Pig Turns:* 4/4. To take her mind off her breakup, Agatha and the gang visit a fayre, but it is not long before the event becomes a crime scene. (S3)

10.00 S.W.A.T. *Vanished:* 1/22. The team look for missing students and a bus driver, who is Hondo's former coach. (S8)
11.00 **Mr Bigstuff** 5&6/6. (S1)
12.00 M'T **An Idiot Abroad**
1.00 AM **Brit Cops: War on Crime**
2.00 **NEW SERIES Mr Bigstuff** 1/6. Return of the comedy series.
2.30 New episode 2/6. Glen tries to get information. (S2)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 6/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Celebrity Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt Lake City** Reality series.
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt...**
6.00 **Celebrity Catchphrase**

10.05 Extraordinary

7.00 Deal or No Deal Stephen Mulhern hosts as Alex M takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA Altman, Flagg and Tracy triple-list in Vegas in a bid to get high commissions.

9.00 Love Island New edition Reality show in which singletons seeking romance compete in the hope of finding love.

10.05 Extraordinary New episode 7/8. Jen tasks Jizz with kissing someone else. (S2)
10.35 Family Guy 2/18. (S13)
11.10 **Family Guy** 20/21. (S12)
11.35 **American Dad!** (S11)
12.30 AM **Bob's Burgers** (S14)
1.05 **Olivia Attwood: The Price of Perfection** Documentary.
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Counting Chickens.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *A Talent for Life:* A glamorous senior citizen and a distinguished doctor are both murdered.
5.50 **Heartbeat** *Thief in the Night:* Tragedy strikes at the heart of Aidensfield, as Kate's debilitating illness ends her life.

5.50 Heartbeat

6.55 Heartbeat *Domestic:* Nick struggles with single parenthood, while coming to terms with Kate's death and juggling his job duties.

8.00 Vera *Sandancers:* The detective investigates a suspicious death in an army barracks that was designed to look like suicide, and uncovers an event that nobody wants to talk about. Guest stars John Duttine.

10.00 Foyle's War *The Funk Hole:* As Foyle and his team search for a missing boy, their investigation leads them to a less than inviting hotel and a grim discovery in the woods.
12.00 M'T **Broadchurch** 5/8. Olly and Karen work on an article about Jack's past.
1.00 AM 6/8. Hardy must limit resources on the case. (S1)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year 2024** The six regional winners go head-to-head.
8.00 **This Farming Life** Nikki and Ollie's rabbit breeding programme bears fruit.
9.00 **Inside Barlinnie** An interview with former gangster Jimmy Boyle.
10.00 **River City** New episode Drew is furious when his ploy to pass his medical goes awry.
10.30 **Gary: Tank Commander** 4/6. Gary travels to St Andrews for a debate against a formidable opponent. (S1)
11.00 **David Wilson's Crime Files: Cold Cases** What happens when someone goes missing.
11.30 PM **to 12.00** M'T **The Chief** 1/4. Comedy with Jack Docherty. (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto**
9.00 **The Conners** (S5)
10.00 **Dice** 7/7. (S2)
10.40 **Vice Principals** 1/9. (S1)
11.20 **Flight of the Conchords**
12.40 PM **Silicon Valley** (S4)
2.00 **Dice** 7/7. (S2)
2.35 **Vice Principals** 1/9. (S1)
3.15 **High Maintenance** (S1)
4.25 **Flight of the Conchords** (S2)
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** (S4)
9.00 **Entourage** 5/8. The gang are unimpressed by Vince's new girlfriend.
9.30 6/8. Guest stars Gary Busey. (S1)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.00 **Sex and the City** (S6)
12.20 AM **Jerrod Carmichael: Don't Be Gay**
1.25 **Girls** 7&8/10. (S4)
2.40 **Hung** 3&4.10. (S1)
4.00 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **André Rieu: Love Is All Around**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Marcel Duchamp: The Art of the Possible**
3.00 **Classic Movies: The Story of Kind Hearts and Coronets**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Master Crafters: The Next Generation**
9.00 **Stories from Tate Britain** Series finale 2/2.
10.00 **Decoding Turner**
12.00 M'T **Comedy Legends**
1.00 AM **Fantastic Mr Murray**
2.00 **Life & Rhymes**
2.45 **The Art of Australia**
4.00 **Landmark**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** 1/22. (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *When the Bough Breaks:* 17/26. The crew find a hidden planet. (S1)
8.00 **Star Trek: Deep Space Nine** *The Search – Part One:* 1/26. Sisko tries to avert an invasion. (S3)
9.00 **The Rookie** (S4)
11.00 **Grimm** 21/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show hosted by Sally Lindsay.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 1/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 13&14/25. (S1)
12.00 NOON **Highway to Heaven** 8/25. (S1)
1.00 PM **Father Dowling Mysteries** 6/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 22&23/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *It's Supposed to Be Thicker Than Water:* 22/26. A family reunion turns into a grim affair. (S1)
10.00 **The New Avengers** (S1)
11.00 **The Avengers** 8/33. (S6)
12.00 M'T **M*A*S*H** (S7)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 1/22. (S4)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.15 **Minder**
7.20 **The Professionals**
8.20 **Kojak**
10.30 **Magnum, PI**
11.30 **Giant Lobster Hunters**
12.25 PM **Made in Britain**
1.00 **Tour de France Highlights**
2.00 **LIVE Tour de France** Coverage of stage 17, which consists of a 160.4km route from Bollene to Valence.
4.30 **World of Sport**
4.45 **Minder**
5.55 **The Professionals**

8.00 **Police Academy 7**

7.00 **Tour de France Highlights** Action from stage 17, which consisted of a 160.4km route from Bollene to Valence.

8.00 **FILM Police Academy 7: Mission to Moscow** Comedy sequel starring George Gaynes and Michael Winslow. The inept cops go to Moscow to help the Russians in their war against organised crime. (1994, PG) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **FILM Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Wrestling: AEW Collision** Hard-hitting wrestling action.
1.40 AM **Motorsport Mundial**
2.10 **Auto Mundial**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 15/26. (S7)
2.00 **Atlantis** 8/13. (S2)
3.00 **Stargate Atlantis** 12/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 15/26. (S7)
6.00 **Star Trek: Enterprise** 2/22. Part two of two. Archer searches for the temporal operative. (S4)

9.00 **The Walking Dead**

7.00 **Atlantis** *The Madness of Hercules:* 8/13. Jason has been sentenced to death and it seems no one will be able to save him. (S2)

8.00 **Stargate Atlantis** *Epiphany:* 12/20. Sheppard tries to analyse the workings of an Ancient device. (S2)

9.00 **The Walking Dead** *Squeeze:* 9/22. The collected communities reluctantly respect the new borderlines.(S10)

10.00 **The Leftovers** *Two Boats and a Helicopter:* 3/10. Reverend Jamison tells Nora a devastating secret about her husband. (S1)

11.00 **FILM Cabin Fever 2: Spring Fever** Horror thriller sequel with Noah Segan and Rusty Kelley. The punch at a high school prom is contaminated with a flesh-eating virus. (2009, 18, 86min) ★
1.00 AM **Train** 7&8/12. (S1)
3.20 **Room 104** 3&4/12. (S4)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **The Mentalist** 2/23. (S1)
11.00 **Hudson & Rex** 8/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 2/6. Period drama. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 2/23. (S1)
5.00 **Hudson & Rex** 8/16. An elite hockey prospect dies. (S4)
6.00 **Father Brown** *The Final Devotion:* The priest joins forces with Flambeau to search for a lost treasure.

9.10 **Bookish**

7.00 **Death in Paradise** *Political Suicide:* 5/8. Humphrey investigates the shooting of the island's commerce minister. (S3)

8.00 **Bookish New episode** *Deadly Nitrate – Part One:* 3/6. There's excitement in the air when a film crew arrives at Archangel Lane.

9.10 **Bookish New episode** *Deadly Nitrate – Part Two:* 4/6. Book tries to uncover the truth before anyone else ends up dead. (S1)
■ Entire series on U

10.25 **Father Brown** *The Paradise of Thieves:* A man is found dead inside a bank vault.

11.20 **Father Brown** As 6.00pm.
12.20 AM **Miss Scarlet and the Duke** 2/6. A sketch by the recently deceased Charles Darwin has been stolen. (S2)
1.20 **Elementary** 7/13. (S7)
2.25 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.00 **Ever Decreasing Circles**
9.40 **Are You Being Served?**
10.20 **Still Open All Hours**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **Ever Decreasing Circles**
1.40 **Dad's Army**
2.20 **Still Open All Hours**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **The Vicar of Dibley**
5.55 **Keeping Up Appearances**
6.35 **Are You Being Served?**

10.00 **The Royle Family**

7.15 **Dad's Army** Jones misplaces £500 donated by local shopkeepers to provide a new canteen.

7.55 **Still Open All Hours** Leroy gives Eric a few tips on romance.

8.30 **The Vicar of Dibley** Christmas edition from 1997. Geraldine plays Cupid to try and bring Alice and Hugo together.
9.20 The villagers set up a radio station.

10.00 **The Royle Family** Denise accuses Dave of a heinous crime.

10.40 **The Fast Show** Unlucky Alf calls in professionals.

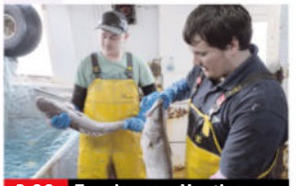
11.20 **Not Going Out**
11.55 **Absolutely Fabulous**
12.40 AM **The Vicar of Dibley**
1.20 **The Royle Family**
2.00 **The Fast Show**
2.35 **Not Going Out**
3.15 **to 4.00** AM **Absolutely Fabulous**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Special Ops: Crime Squad UK**
10.00 **Trawlermen: Hunting the Catch** Documentary.
11.00 **Rick Stein: From Venice to Istanbul** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Trawlermen: Hunting the Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The duo celebrate the nation's fishing industry.
6.00 **Rick Stein: From Venice to Istanbul** From Istanbul.



2.00 **Trawlermen: Hunting...**

7.00 **Would I Lie to You?** With Frankie Boyle, Christine Bleakley, Jack Whitehall and Kelvin MacKenzie.

7.40 **Richard Osman's House of Games** With Miles Jupp and Amol Rajan.
8.20 With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh.

9.00 **QI XL** Bill Bailey, Rich Hall, Rob Brydon and Alan Davies answer questions on holidays in the quiz hosted by Stephen Fry.

10.00 **Have I Got a Bit More News for You** Featuring guests Jon Richardson and Nicky Morgan.

10.55 **Taskmaster** Rhod Gilbert force-feeds Alex Horne a jug of mocha.

11.55 **Mock the Week** With Rob Beckett, Gary Delaney, Sara Pascoe and Josh Widdicombe.
12.35 AM **Would I Lie to You?**
1.55 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Sun, Sea and Selling Houses**
10.00 **Help! We Bought a Village** Documentary.
11.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Supercruising: Life at Sea** The navigation team sailing the Americas has a tricky manoeuvre to manage.
8.00 **Michael Mosley: Secrets of the Superagers**
9.00 **Super Surgeons: A Chance at Life**
10.00 **24 Hours in Police Custody: The Murder Messages** Documentary.
11.05 **Crime Scene Cleaners**
12.05 AM **In the Footsteps of Killers** The 1991 murder of Janine Downes.
1.05 **Gogglebox**
2.05 **to 5.00** AM **The Couple Next Door**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 1-3/24. (S4)
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order** (S13)
6.00 **NCIS** *Dead Man Walking:* 16/24. A nuclear power plant inspector suffers from radiation poisoning.
7.00 *Skeletons:* 17/24. An explosion at a mausoleum leads to a murder investigation.
8.00 *Iceman:* 18/24. A supposedly dead marine comes back to life on the autopsy table. (S4)
9.00 **Criminal Minds** *Green Light:* 21/22. Reid fears his mother has been abducted.
10.00 *Red Light:* 22/22. Reid squares off with an old enemy. (S12)
11.00 **Law & Order: Special Victims Unit** (S15)
12.55 AM **The Resident** (S2)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Fare Dodgers: At War with the Law** The search for a suspect who has avoided paying more than 200 fares.
10.00 **Murder Scene: The Incident Room** The death of a man who was stabbed while cycling.
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **My Lover, My Killer**
2.00 **Quantico** (S3)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
1.15 PM **The Motorway**
2.15 **FILM Gunsmoke!** Western starring Audie Murphy and Susan Cabot. (1953, U, 79min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Traffic Cops** An elderly woman is injured after veering off an icy road.
10.00 **Police: Suspect No 1** Three hooded men subject a family to a traumatic, violent ordeal.
11.00 **Quantum Leap** 10/13. Ben Leaps into one of three sisters looking for treasure. (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance**
8.00 **Side Hustlers** Series finale With a life-changing investment on the line, the Hustlers present their final pitches.
9.00 **Stacey Dooley Sleeps Over USA** Stacey meets 24-year-old Quran and 61-year-old Cheryl, who make TikTok videos for a living.
10.00 **999 Rescue Squad**
12.00 M'T **The Gentle Art of Swedish Death Cleaning** Reality series.
1.00 AM **My Kitchen Rules: Australia** Culinary show.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.20 **Doctors** Double bill.
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** New episode 4/6. The duo's trip is interrupted when an employee is almost killed. (S2)
■ Entire series on U
9.00 **Sister Boniface Mysteries** 10/10. (S1)
10.00 **New Tricks**
11.20 **Spooks** 5/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Wednesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
2.00 **Salvage Hunters Celebrity Special**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **1000-Lb Sisters: Amy and Tammy's Favorite Episodes** New edition Tammy gives her family big news.
10.00 **Dr Pimple Popper** Gabriel has a huge growth on his clavicle but is terrified of surgery. **11.00** With pandemic protocols in place, Dr Lee reopens her office.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Louisa Lytton and Zoe Ball compete.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room** Items include movie posters and Scandinavian furniture.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **FILM Hellgate** Western. (1952, b/w, PG, 87min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM The Ox-Bow Incident** Western with Henry Fonda. (1943, b/w, PG, 75min) ★★★★★
2.45 **FILM Return of the Seven** Western sequel starring Yul Brynner. (1966, PG, 95min) ★★
4.50 **Bonanza** (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Hang 'Em High** Revenge Western. (1967, 18, 114min) ★★★★
11.25 **FILM Brothers in Arms** Crime action thriller. (2018, 15, 99min) ★★★
1.35 AM **FILM Earthtastrophe** Sci-fi thriller. (2016, PG, 82min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

6.00 AM **FILM Second Chances** (2010, 12) ★★
8.00 **Paddington Station 24/7** Documentary.
9.00 **Saving Lives at Sea**
10.00 **FILM Enemy Within** Thriller. (2007, 15) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Killer Assistant** Thriller. (2016, PG) ★★
3.00 **FILM Deadliest Switch** Drama. (2020, PG) ★★
5.00 **FILM Nanny Beware** Thriller. (2023, 15) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Road** Drama with Viggo Mortensen. (2009, 15) ★★★★
11.25 **FILM The Hidden Stranger: A Teagarden Mystery** (2019, PG) ★★
1.20 AM **FILM Dead Lines** Thriller. (2010, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Shattered Memories** Thriller. (2018, PG) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM The Best Version of Love** Comedy. (2023, PG, 86min) ★★
10.00 **FILM Right in Front of Me** (2021, PG) ★★
11.55 **FILM Love & Where to Find It** (2021, PG) ★★
2.00 PM **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
4.00 **FILM The Vows We Keep** (2021, U) ★★
6.05 **FILM Eat, Drink and Be Married** Drama. (2019, U, 85min) ★★
8.00 **FILM Wedding Cake Dreams** Romantic drama. (2021, U, 85min) ★★
9.55 **FILM Love Is a Piece of Cake** Romantic drama. (2020, PG, 90min) ★★
11.55 **FILM A Slice of Chicago Romance** Drama. (2022, PG, 95min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Picture Perfect Romance** As 2.00pm.

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
11.00 **Jokers Wild**
11.30 **Thick as Thieves**
12.00 NOON **Carry On Laughing** 2/6. (S1)
12.30 PM **You're Only Young...**
1.00 **Born Free** 10/13. (S1)
2.00 **FILM 7th Cavalry** Western. (1956, U) ★★★
3.30 **That's My Dog**
4.00 **Blue Thunder** 1/11. (S1)
5.00 **A Sharp Intake of Breath** 6/6. (S4)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves**
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 6/7. (S1)
10.00 **Soap** 12/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Werewolf of Washington** Horror. (1973, 15, 90min) ★★
1.45 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Life aboard ship in the Alaskan crab-fishing fleet. **8.00** More damage to his battered boat take a toll on Sig's heart.
9.00 **NEW SERIES Tiny House, Big Living** Couples learn what it means to downsize when they take the plunge into the tiny house market.
11.00 **Gold Divers** Shawn gets his first taste of the shifting seabed.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **Jamie's Easy...**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Hairy Bikers' Mississippi Adventure**
10.00 **The Hairy Bikers' Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 12/25. (S7)
9.00 **The Fall Guy** 9/23. (S2)
10.00 **Knight Rider** (S3)
11.00 **FILM Global Meltdown** Thriller. (2017, PG) ★
1.00 PM **FILM Journey to the Centre of the Earth** Fantasy. (1959, U) ★★★
3.30 **FILM The Creature Walks Among Us** Thriller sequel. (1956, b/w, PG, 75min) ★★
5.00 **Star Trek** 1/24. (S3)
6.00 **Knight Rider** 1/22. (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Kiss of the Dragon** Action thriller. (2001, 18, 98min) ★★★
11.00 **FILM Best of the Best 2** Action thriller sequel. (1992, 18, 100min) ★★
1.00 AM **FILM Hammer of the Gods** Adventure. (2013, 18, 94min) ★
2.55 **to 4.50** AM **FILM The Scars of Dracula** Horror. (1970, 18, 96min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM The Fabulous Journey to the Centre of the Earth** As 5.00pm.
8.00 **The Gambler: The Adventure Continues**
10.00 **The Lost World** (S3)
11.00 **FILM Triassic Hunt** Thriller. (2021, 15) ★★
1.00 PM **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 2/23. (S4)
5.00 **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 3/23. (S4)
9.00 **FILM Bird on a Wire** Comedy thriller starring Mel Gibson. (1990, 15, 110min) ★★★
11.10 **FILM Blood and Money** Thriller. (2020, 15) ★★
1.00 **to 3.00** AM **FILM The Butterfly Room** Thriller. (2012, 15, 87min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition
10.00 **The UnXplained**
11.00 **The Proof Is Out There: Bermuda Triangle Edition**
12.00 M'T **Secrets in the Sand**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Bulgaria.
12.00 NOON **Malta: The Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** In Montenegro.
8.00 **Ben Fogle: New Lives in the Wild** A family who are renovating a farmhouse in Bulgaria.
9.00 **Portugal with Michael Portillo** A visit to Porto.
10.00 **Into the Congo with Ben Fogle** Exploring the rainforests of the Congo.
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald**
1.00 AM **The Hotel Inspector**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From south Wales.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Home Town** Erin shows a couple some prospective new homes. **10.00** Ben and Erin help a family move to the countryside.
11.00 **Home Town** New edition Ben and Erin Napier's transform their friends historic home's backyard into a private retreat.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 **You, Me & My Ex** Chelsea flakes on the biggest day of Matt's life.
10.00 **Dr Pimple Popper** Inoke has a huge bulge on his shoulder.
11.00 **Body Parts**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Body Parts**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 2&4/8. (S7)
10.00 **Last Man Standing** (S5)
11.00 **Everybody Loves Raymond** 2-5/26. (S3)
1.00 PM **Friends** (S2)
7.00 **Friends** 21/24. Guest stars Giovanni Ribisi. **7.30** 22/24. Guest stars Marlo Thomas. **8.00** 23/24. Phoebe catches chickenpox. **8.30** 24/24. Rachel's former fiancé gets married. (S2)
9.00 **FILM Kevin & Perry Go Large** Comedy. (2000, 15, 82min) ★★
10.40 **Whose Line Is It Anyway? USA**
11.40 **South Park** (S12)
2.10 AM **Broad City** (S1)
3.05 **Al Murray Live – Barrel of Fun** Stand-up show.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 5&6/13. (S1)
11.00 **Friends** (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 7&8/13. (S1)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S5)
7.00 **Everybody Loves Raymond** Four editions of the series, including at: **8.00** 4/26. Ray fears Debra will seek revenge. **8.30** 5/26. Lois comes to stay for a week. (S3)
9.00 **South Park** (S1&4)
12.00 M'T **Friends** (S7&9)
1.00 AM **Beavis and Butt-Head** (S2&3)
2.00 **Reno 911!** 2&3/11. (S8)
2.55 **The Ricky Gervais Show**
3.45 **Teachers** 7&8/20. (S2)
4.30 **Nigel Ng: The Haiyaa Special** Stand-up show.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 7&8/12. (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Footage of youths stealing a car.
10.00 **Stella** 5&6/11. (S5)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Big Zuu.
2.00 **Road Wars**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Wannabees**
2.00 **Catfish: The TV Show**
4.00 **Catfish: Scammed**
5.00 **Catfish: The TV Show**
7.00 **Celebs on the Farm**
8.00 **I Used to Be Fat**
9.00 **Ghosted: Love Gone Missing** Reality series.
10.00 **Caught in the Act: Unfaithful** New edition Romantic problems ensue between Gianni, Alondra and Tami.
11.00 **The Challenge: Untold History**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love At First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water**
5.00 **Building Off the Grid** A pair of outdoorsmen build a hunting cabin in Colorado.
6.00 **Border Control: Spain** The contents of a man's luggage turn out to be valuable.
6.30 A driver arrives at the border with more than just merchandise in his van.

9.00 Street Outlaws

7.00 **Wheeler Dealers** A Peugeot 205 T16 inspires Mike to upgrade its under-powered UK counterpart for a race.

8.00 **Outback Truckers** Twenty-year veteran Yogi is on a mercy mission, leading a hay convoy to New South Wales.

9.00 **Street Outlaws: Locals Only** New edition New England Dragway hosts Farmtruck and AZN, and the next Locals Only event.

10.00 **Roadworthy Rescues** New edition Derek teams up with his brothers to get their grandfather's grain truck running.

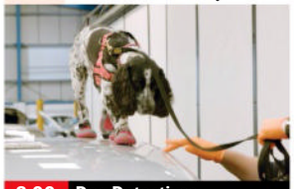
11.00 **Border Control Poland** A dog finds a driver's contraband.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As shown at 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Aquarium**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat who has soaked his home in urine.
4.00 A troubled cat terrorising a family with a new baby.
5.00 **Lone Star Law** The Wardens rush to save a sick bald eagle.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff tries to save a dog kicked in the head by a horse.



8.00 Dog Detectives

7.00 **Animal Cribs** Firefighter Ricky rescues a Burmese python, so Antonio Ballatore creates an epic snake habitat fro him.

8.00 **Dog Detectives** In Yorkshire, Alsatian Thor storms a derelict building, while sniffer dog Meg helps in a drugs raid.

9.00 **Alaska: The Last Frontier** Atz Lee and Jane hunt for black bears, but soon find themselves coming face to face with a grizzly.

10.00 **Alaskan Bush People** Birdie goes on a hunt to bring home meat for the family and save her chickens from slaughter.

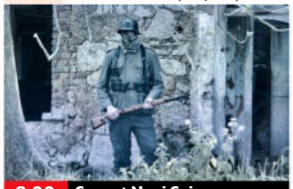
11.00 **Pit Bulls & Parolees** An elusive dog needs catching.
12.00 M'T **Crikey! It's the Irwins** Terri helps a cougar in need of a health check.
1.00 AM **Dog Detectives**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **The Battle for Britain: Drain the Oceans**
3.00 **Lost Ships of WW2**
4.00 **World's Greatest Train Journeys from Above**
5.00 **Car S.O.S** Tim and Fuzz restore a Fiat X1/9.
6.00 **World War II: Secrets from Above** Events of World War Two from a unique perspective.



8.00 Secret Nazi Science

7.00 **Air Crash Investigation** Similarities between a crash at Tokyo's Narita Airport and an accident at Newark Airport.

8.00 **Secret Nazi Science** New edition Examining how the Nazis used science to study human constitution and its limits.

9.00 **Hitler's Teen Killers** The story and the lives of the 20,000 teenagers that made up the 12th SS Panzer Division.

10.00 **Hitler's Last Stand** After most of his regiment is wiped out, a non-combat adjutant commands on the front line.

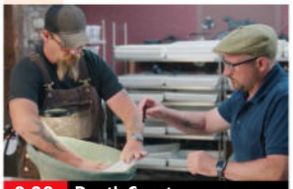
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day** Looking how Tabasco sauce is made.
2.30 **Abandoned** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Death Coast** New edition Jeff Mackinnon must choose to either stay the course or chase a new mystery.
2.00 **Mountain Men**
2.55 **Pawn Stars** A 1966 Chevy II.
3.15 **Secrets in the Jungle**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers**



9.00 Death Coast

7.00 **Forged in Fire** Two more one-on-one battles rage on as part of Gladiators of the Forge, and smiths forge the deadly Sica.

8.00 **Digging for Britain** The discovery of rare artefacts provides evidence of the earliest human occupation in Britain.

9.00 **Death Coast** After finding an American coin, Jeff Mackinnon must choose to either stay the course or chase a new mystery.

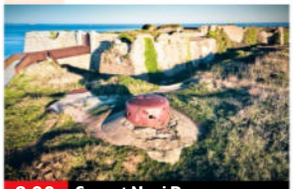
10.00 **Deadman's Curse** New edition The team continue to unravel the mystery of Slumach's lost gold mine.

11.00 **What on Earth?** Analysing a dagger sealed in King Tut's tomb possibly made of extra-terrestrial metal.
12.00 M'T **Encounter: UFO**
12.55 AM **The Proof Is Out There**
1.50 **Death Coast** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars** A seller's pair of Tyrannosaur teeth.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** UFO sightings over Canada and the US during both World Wars.
6.00 **Antiques Roadshow** Fiona Bruce and the team head to the Yorkshire Museum in York.



8.00 Secret Nazi Bases

7.00 **Cornwall with Simon Reeve** The explorer travels through Cornwall as the county emerged from the first lockdown.

8.00 **Secret Nazi Bases** New edition A small island fortress becomes the stage for a harrowing act of Nazi defiance.

9.00 **Equator** Simon Reeve visits South America, where he learns how the Galapagos Islands are under threat from tourists.

10.00 **Bangers & Cash** Paul collects a 1971 Jaguar E-Type and a 1933 Morgan three-wheeler Supersport.

11.00 **Bangers & Cash** Derek is on the road to pick up a funky little Nissan Figaro.
12.00 M'T **Abandoned Engineering** Prison cells that contain a story worthy of acclaim.
1.00 AM **Secret Nazi Bases**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team tackle a village war memorial, a 1960s one-armed bandit and a much-loved teddy bear.
8.00 **The Yorkshire Auction House** Double bill.
10.00 **Celebrity Yorkshire Auction House** Anthea Turner reveals a secret talent to Angus at her dad's home.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Real-life cases.
12.00 NOON **Deadly Affairs**
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Laci Peterson.
4.00 **American Monster**
6.00 **American Detective**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **I'd Kill for You**
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **The Murder of Grace Millane: A Faking It Special**
1.00 AM **Ted Bundy: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Police scramble to find a diabetic man who is in need of his medication.
8.00 **Millionaire Murders** Police find it is clear Shanti Cooper's death was not an accident.
9.00 **Shocking Crimes: Murder Book** Police investigators look into the unresolved murder of a Florida man.
10.00 **It Takes a Killer** A destitute criminal terrorises central Florida.
10.30 A mentally unstable man goes on a two-hour shooting spree.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** Police investigate two potentially related cases.
4.30 The atmosphere of a 4th July weekend soon turns to tragedy.
5.00 The wife of a doctor goes missing.
5.30 A family mourn the unexpected death of a beloved grandmother at Christmas.
6.00 A postcard could incriminate a person who took part in war crimes.
6.30 A true crime hobbyist connects a Utah Jane Doe to an Ohio missing persons case.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops UK**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** Nadine Aubras.
1.00 PM **Britain's Most Evil Killers** Philip Austin.
2.00 **Killer in My Village**
3.00 **Forensics: Catching the Killer** True-crime.
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killer in My Village**
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Murder Uncut**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Lost Pyramids of the...**
9.40 **The World After...**
10.50 **The Truth About...**
12.00 NOON **Pearl Harbor...**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Lost Pyramids of the...**
2.50 **The World After...**
4.00 **The Truth About...**
5.10 **Pearl Harbor...**
6.15 **Lost Pyramids of the Aztecs** Documentary.
7.20 **The World After Stonehenge**
8.35 **The Truth About Franco: Spain's Forgotten Dictatorship**
9.50 **Pearl Harbor, World on Fire** Documentary.
10.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
12.00 M'T **Pearl Harbor, World on Fire**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Superpowered: The DC Story** Exploring the history of the comic book company.
7.00 **Discovering: Dustin Hoffman**
8.00 **The Directors** Wes Anderson.
8.55 **The Vow** True crime.
10.00 **UFO** Documentary.
11.00 **Lockerbie** As 7.00pm.
12.00 NOON **Elvis Presley: The Searcher** Documentary.
4.00 PM **Discovering**
5.00 **The Directors** Wes Anderson.
5.55 **The Vow** True crime.
7.00 **Lockerbie** A Libyan double agent provides evidence.
8.00 **The Russell Murders: Who Killed Lin and Megan?** Examining the 1996 murders of Lin Russell and her six-year-old daughter Megan.
9.00 **Death of a Showjumper** Series finale The case takes a shocking turn in court.
10.00 **Tell Them You Love Me**
12.00 M'T **The Dark Money Game**
4.30 AM **Chernobyl: My Promised Land** Documentary.
5.00 **to 6.00** AM **Discovering: Dustin Hoffman**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Guardians of the Wild**
11.00 **Wildlife ER**
12.00 NOON **My Best Friend's an Animal** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Guardians of the Wild**
5.00 **Wildest New Zealand**
6.00 **My Best Friend's an Animal**
7.00 **Monkey Life** Double bill.
8.00 **Great Barrier Reef with David Attenborough** Examining the future of the reef.
9.00 **Volcanic Odysseys**
10.00 **My Best Friend's an Animal**
11.00 **Wildest New Zealand**
12.00 M'T **Wildlife ER**
1.00 AM **Planet Weird**
2.00 **Great Barrier Reef with David Attenborough** As 8.00pm.
3.00 **Volcanic Odysseys**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Custer: The Final Mystery**
10.00 **Blown Away** Double bill.
11.00 **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Custer: The Final Mystery**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **UFO Hunters** Documentary.
6.00 **Combat Trains**
7.00 **What on Earth?** Ghosts, cannibals and a mystery sunken fleet in Maryland.
8.00 **The UnXplained with William Shatner** How deciphering history's codes may hold answers to mysteries past. **9.00** Mysterious stories linked to the era of World War Two.
10.00 **Secrets in the Ice** Ancient bones found in a Danish bog.
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Mayhem! The Secret Lives of the Georgian Kings**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** True crime.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain** Mark Martin.
3.00 **Murdertown** Martin Decker.
4.00 **Cops Gone Bad**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files: Dead West**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **Accused: Did I Do It?** New edition True crime.
10.00 **Secrets of the Bunny Ranch** New edition Documentary.
11.00 **Secrets of Polygamy**
12.00 M'T **Murder by Medic**
1.00 AM **Secrets of the Bunny...**
2.00 **Accused: Did I Do It?**
3.00 **Criminal Confessions**
4.00 **Killer Britain** Mark Martin.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **World's Biggest Hammerhead**
3.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A new vet joins the team, and a penguin comes to the end of its moult.
8.00 **Critter Fixers: Country Vets** New edition Highlights from the series focusing on snakes.
9.00 **Legends of Venom** Following vipers, a snake family as diverse as the challenges they face.
10.00 **Alaska: The Next Generation** Alaskans test their bush skills.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Attack and Capture: The Story of U-Boat 505** A look at the German submarine's capture by the US Navy.
9.00 **Secret Space Escapes** Fatal damage to the heat shields of the space shuttle Atlantis.
10.00 **How Do They Do It?**
11.00 **World's Top 5** A countdown of some of the world's most powerful vehicles.
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.45 **Secret Army** Double bill.
1.15 PM **Pickwick Papers**
2.30 **The Dick Emery Show**
4.20 **Secret Army** Double bill.
6.50 **Pickwick Papers** 1/12. Mr Pickwick, Tupman, Winkle, Snodgrass and Sam Weller set off on their travels. **7.25** 2/12. A case of mistaken identity means Mr Winkle is challenged to a duel by Dr Slammer. (S1)
8.00 **The Dick Emery Show** Triple bill of comic sketches from the bizarre cast of characters played by the multi-faced funnyman.
9.50 **Louis Theroux's Forbidden America** Louis immerses himself in Florida's rap scene, which is as notable for its controversy as its creativity.
11.05 **Secret Army** Double bill.
1.30 AM **Pickwick Papers**
2.45 **The Dick Emery Show**
4.20 **Pickwick Papers**
5.25 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Obsession: Dark Desires**
9.00 **Evil Stepmothers**
11.00 **The Killer Beside Me**
1.00 PM **American Monster**
3.00 **Six Degrees of Murder**
5.00 **Someone You Thought You Knew** Double bill of editions.
7.00 **On the Case with Paula Zahn** A college coed disappears.
9.00 **Road Rage** New editions A couple pull a pistol on another driver, and an elderly man is taken for a wild ride. **9.30** A disgruntled neighbour takes things too far.
10.00 **Exposed: Naked Crimes** New editions A man assaults commuters with pesticides. **10.30** A colourful cast of naked offenders include a machete-wielding home invader.
11.00 **American Monster**
12.00 M'T **Pandora's Box: Unleashing Evil**
2.00 AM **Someone You Thought You Knew** Double bill.
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** A custom hot rod.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Motoring series.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** Bugatti Type 57.
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina**
9.00 **Richard Hammond's Workshop** The pressure is on for Richard.
10.00 **Texas Metal** Documentary.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** A customised hot rod.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Empire Waist** Comedy. (2024, 12, 94min) ★★★
8.10 **Sacramento** As 4.15am.
9.45 **Buffalo Kids** As 3.40pm.
11.25 **William Tell** Historical drama. (2025, 15, 133min) ★★★
1.40 PM **Juror #2** As 10.30pm.
3.40 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
5.20 **Wicked** Musical fantasy adventure starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★

10.30 Juror #2

8.00 Gladiator II Historical drama sequel starring Paul Mescal. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. With Pedro Pascal and Denzel Washington. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

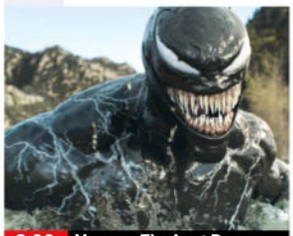
10.30 Juror #2 Crime thriller starring Nicholas Hoult. While serving as a juror in a high-profile murder case, a family man grapples with a serious moral dilemma. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Sharp Corner** Thriller starring Ben Foster, Cobie Smulders and Gavin Drea. (2024, 15, 110min) ★★★★
2.30 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
4.15 **to 6.00** AM **Sacramento** Comedy with Michael Angarano. (2024, 15, 89min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.45 AM **Deadlock** (2021, 15) ★
8.25 **Madame Web** Adventure. (2024, 12, 116min) ★★★
10.25 **The Girl on the Train** (2016)
12.20 PM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
2.10 **Charlie's Angels** Comedy. (2000, 15, 97min) ★★★★
4.00 **Charlie's Angels: Full Throttle** Comedy sequel. (2003, 12, 106min) ★★
5.55 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★



8.00 Venom: The Last Dance

8.00 Venom: The Last Dance Fantasy adventure sequel starring Tom Hardy and Juno Temple. Eddie Brock and partner-in-crime Venom face dangers from two worlds as the end of their symbiotic relationship grows near. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 King Kong Peter Jackson's monster movie, starring Naomi Watts, Jack Black and Adrien Brody. A 1930s film crew travel to an unexplored island and encounter a giant gorilla. (2005, 12, 187min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Girl on the Train** Thriller starring Emily Blunt. (2016, 15, 107min) ★★★★
3.10 **One Life** Biopic drama. (2023, 12, 105min) ★★★★
5.05 **to 7.30** AM **Ready Player One** Sci-fi action adventure. (2018, 12, 140min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.05 AM **Speak Like a Child** (1998)
7.35 **...And Justice for All** As 10.15pm.
9.45 **A League of Their Own** Comedy starring Tom Hanks. (1992, PG, 124min) ★★★★
12.00 NOON **The Great Gatsby** Drama. (1974, 12, 146min) ★★★
2.25 PM **Five Easy Pieces** Drama. (1970, 15, 98min) ★★★★★
4.15 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★

5.45 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
8.00 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★
10.15 **...And Justice for All** Satirical black comedy starring Al Pacino as a sharp lawyer trying to save his clients from the corrupt intricacies of the US legal system. (1979, 15, 119min) ★★★

12.20 AM **Quadrophenia** Drama. (1979, 15, 115min) ★★★★
2.25 **The Swimmer** Drama. Subtitled. (2021, 18, 84min) ★★★
3.55 **The Three Musketeers: Milady** Drama sequel. (2023, 12) ★★★★
5.55 **to 7.30** AM **Poison** Drama. (2024, PG, 86min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.05 AM **47 Metres Down** (2017)
8.40 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
10.35 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
12.10 PM **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
2.30 **Men in Black** Sci-fi action comedy with Tommy Lee Jones. (1997, PG, 94min) ★★★★

4.20 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
6.05 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
8.00 **The Meg** Action thriller starring Jason Statham and Rainn Wilson. (2018, 12, 113min) ★★★
9.55 **The Birds** Alfred Hitchcock's horror starring Tippi Hedren and Rod Taylor. Thousands of birds suddenly start attacking people in a California town for no apparent reason. (1963, 15, 118min) ★★★★★

11.55 **28 Days Later** Horror thriller. (2002, 18, 113min) ★★★★
1.55 AM **Sick** Horror with Gideon Adlon. (2022, 18, 83min) ★★★
3.25 **The Exorcist: Believer** Horror sequel. (2023, 15, 111 min) ★★★
5.20 **to 7.00** AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **Pups United** As 12.45am.
8.30 **Monster Trucks** As 5.35pm.
10.25 **Paul Blart: Mall Cop** (2009)
12.05 PM **Stardust** Adventure. (2007, PG, 127min) ★★★★
2.20 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
4.00 **The Witches** Adventure. (1989, PG, 90min) ★★★★
5.35 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
7.25 **The Smurfs** Adventure. (2011, U, 103min) ★★

7.25 The Smurfs

The Smurfs
(film started at 7.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Smurfs 2** Children's adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley. (1993, 12, 95min) ★
12.45 AM **Pups United** Adventure. (2015, U, 89min) ★★★
2.20 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
4.05 **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
5.40 **to 7.15** AM **Beethoven** Comedy with Charles Grodin. (1992, U, 87min) ★★★

Sky Cinema Action

307 307 407 507 521

7.25 AM **Madame Web** Fantasy. (2024, 12, 116min) ★★★
9.30 **The Cinema List**
9.50 **Snow White and the Huntsman** As 3.05am.
12.00 NOON **Swordfish** Thriller. (2001, 15, 99min) ★★★
1.45 PM **The Mummy Returns** Fantasy. (2001, 12) ★★★★
4.00 **Twister** Disaster movie. (1996, PG, 114min) ★★★
5.55 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★

9.35 Godzilla x Kong

8.00 **The Scorpion King** Fantasy adventure starring Dwayne Johnson. A skilled Egyptian warrior is hired by the nomadic people of the desert to destroy an evil warlord. (2002, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Godzilla x Kong: The New Empire** Fantasy adventure sequel starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Magnificent Warriors** Drama. (1987, 18, 91min) ★★★
1.15 AM **Project A** Martial arts thriller. (1985, 12, 72min) ★★★
3.05 **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
5.15 **to 7.05** AM **Jackie Chan's Police Story** Hong Kong martial arts thriller. Subtitled. (1985, 15, 98min) ★★★★

Sky Cinema Buddy Films

308 308 408 508 522

6.25 AM **Swede Caroline** (2024)
8.20 **National Security** As 11.35pm.
10.05 **Mr Deeds** Comedy adventure. (2002, 12, 96min) ★★★
11.55 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
1.45 PM **The Blues Brothers** Cult comedy starring John Belushi. (1980, 15, 135min) ★★★★★
4.10 **The Longest Yard** Comedy. (2005, 12, 113min) ★★
6.15 **Big Daddy** Comedy drama. (1999, 12, 95min) ★★★

8.00 Daddy's Home 2

8.00 **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their intrusive fathers during the holidays. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Ride Along** Comedy starring Ice Cube and Kevin Hart. A tough cop takes his sister's boyfriend with him on duty, leading to a dangerous encounter with a wanted criminal. (2014, 12, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **National Security** Comedy starring Martin Lawrence. (2003, 12, 88min) ★
1.15 AM **The Longest Yard** (2005)
3.25 **Wimbledon** Romantic sports comedy starring Paul Bettany. (2004, 12, 98min) ★★★
5.20 **to 7.00** AM **Drive-Away Dolls** Action comedy. (2023, 15, 84min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **The Lesson** As 11.55pm.
8.05 **Head Count** As 4.10am.
9.40 **False Positive** As 10.10pm.
11.25 **Collateral** Michael Mann's thriller starring Tom Cruise. (2004, 15, 120min) ★★★★
1.40 PM **Split** Mystery thriller. (2016, 15, 117min) ★★★
3.50 **Caddo Lake** Crime thriller. (2024, 12, 99min) ★★★
5.45 **Red Dragon** Crime thriller starring Edward Norton. (2002, 15, 124min) ★★★

10.10 False Positive

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

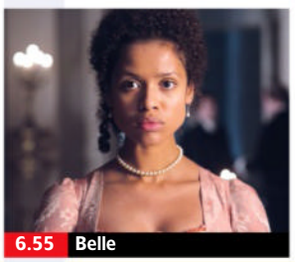
10.10 **False Positive** Horror starring Ilana Glazer. After months of trying to get pregnant, Lucy and Adrian finally find their dream doctor, but Lucy soon notices something sinister. With Pierce Brosnan. (2021, 15, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Lesson** Romantic thriller. (2023, 15, 103min) ★★★
1.55 AM **The Punisher** Thriller. (2004, 18, 123min) ★★★
4.10 **Head Count** Crime thriller. (2023, 15, 77min) ★★★
5.45 **to 7.35** AM **Dual** Sci-fi thriller. (2022, 15, 94min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Emperor's New Clothes** Comedy drama. (2001, PG, 107min) ★★★
1.10 PM **Napoleon Dynamite** Teen comedy starring Jon Heder. (2004, PG, 95min) ★★★★
3.00 **The Wrong Box** Black comedy. (1966, U, 101min) ★★★
5.10 **Pool of London** Police thriller. (1950, b/w, PG, 85min) ★★
6.55 **Belle** Fact-based period drama. (2013, 12, 100min) ★★★★



6.55 Belle

Belle
(film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Die Hard** Action thriller starring Bruce Willis and Alan Rickman. A New York cop tackles a gang of terrorists when they seize control of a tower office block in Los Angeles at Christmas. (1988, 15, 131min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Predator** Sci-fi action fantasy with Arnold Schwarzenegger as the leader of a commando team battling a ferocious alien in the South American jungle. (1987, 15, 107min) ★★★★
1.50 **to 3.45** AM **PREMIERE** **Omen** Drama with Marc Zinga. A man takes his fiancée to the Democratic Republic of Congo to meet the parents. Subtitled. (2023, 15, 115min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

7.30 AM **Sky Cinema Preview**
8.05 **Bookworm** As 2.15am.
10.00 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★
12.50 PM **Piece by Piece** Animation. (2024, PG, 100min) ★★★
2.30 **Your Monster** Romantic comedy with Melissa Barrera. (2024, 15, 104min) ★★★★
4.20 **Kill** Thriller with Daniel Portman. (2023, 15, 94min) ★★★

6.00 **A Different Man** Psychological thriller starring Sebastian Stan. (2024, 15, 112min) ★★★★
8.00 **Thelma** Comedy starring June Squibb and Fred Hechinger. After a 93-year-old is conned by a phone scammer, she embarks on a risky journey across LA with only one thing on her mind – revenge. (2024, 12, 98min) ★★★★
9.45 **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. (2024, 15, 125min) ★★★★

12.00 M'T **Twilight of the Warriors: Walled In** Chinese crime thriller. Subtitled. (2024, 15) ★★★
2.20 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
4.20 **to 6.00** AM **Noah's Ark** Animated family adventure. (2024, U, 96min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.30 AM **Rashomon** As 1.25am.
8.15 **Stargate** As shown at 4.05am.
10.35 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
12.35 PM **Superman II** Fantasy sequel starring Christopher Reeve. (1980, PG, 127min) ★★★
2.45 **Hudson Hawk** Anarchic action comedy starring Bruce Willis. (1991, 15, 97min) ★★★

4.30 **Young Guns II: Blaze of Glory** Western sequel starring Emilio Estevez and Kiefer Sutherland. (1990, 15, 104min) ★★★
6.15 **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
8.00 **Superman III** Fantasy adventure starring Christopher Reeve and Richard Pryor. (1983, PG, 123min) ★★★
10.05 **The Godfather Part II** Francis Ford Coppola's drama sequel. (1974, 18, 200min) ★★★★★

1.35 AM **Rashomon** Japanese drama starring Toshiro Mifune and Masayuki Mori. (1950, b/w, 12, 88min) ★★★★★
3.20 **Sky Cinema Preview**
4.20 **to 6.25** AM **Star Trek: First Contact** Sci-fi adventure. (1996, 12, 110min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.40 AM **Sky Cinema Preview**
7.15 **Tom and Jerry Cowboy Up!**
8.40 **The Adventures of Tintin: The Secret of the Unicorn** (2011)
10.40 **The Prince of Egypt** (1998)
12.25 PM **Kung Fu Panda 3** Animated sequel. (2016, PG) ★★★★
2.10 **Hotel Transylvania 3: Summer Vacation** (2018, U) ★★
4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★

5.45 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
7.30 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
9.10 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
10.50 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
12.15 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
1.40 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★

3.05 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
4.25 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
5.50 **to 7.30** AM **The Inseparables** Animation. (2023, U) ★★★

Movies 24

312 313 419

7.00 AM **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
9.00 **Three Wise Men and a Baby** Comedy. (2022, PG, 90min) ★★
11.00 **Christmas in Big Sky Country** Drama. (2023, PG, 90min) ★★
1.00 PM **Deck the Halls on Cherry Lane** Festive drama anthology. (2024, PG, 90min) ★★
3.00 **Three Wiser Men and a Boy** Comedy. (2024, PG, 84min) ★★

5.00 **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
7.00 **Holiday Touchdown: A Chiefs Love Story** Drama starring Tyler Hynes. A woman competes to win a contest to find an American football team's number one fan. (2024, PG, 90min) ★★
9.00 **Believe in Christmas** Comedy starring Meghan Ory. A woman rediscovers some of the Christmas spirit while taking a festive holiday with her best friend. (2024, PG, 90min) ★★

11.00 **A Holiday Spectacular** Comedy. (2022, PG, 90min) ★★
1.00 AM **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Sugarplummed** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.05 **The Stars Look Down** Drama. (1939, b/w, PG, 110min) ★★★
9.00 **Impact** Crime thriller. (1963, b/w, U, 62min) ★★
10.15 **Look at Life** Documentary.
10.30 **Two Wives at One Wedding** Drama. (1961, b/w, U) ★★
11.50 **The More the Merrier** Comedy. (1943, b/w, PG, 97min) ★★★
1.55 PM **The Brothers** 6/13. (S5)

3.00 **Oliver Twist** Drama starring George C Scott and Richard Charles. (1982, U, 115min) ★★
5.05 **Crow Hollow** Thriller starring Donald Houston and Natasha Parry. (1951, b/w, PG, 69min) ★★
6.25 **Strange But True**
7.00 **Danger UXB** 5/13. (S1)
8.05 **Van der Valk** 3/6. (S1)
9.05 **Maigret** 3/4. (S12)
11.00 **Sex (Re)education** 7/10. (S1)
11.30 **How to Undress in Public Without Undue Embarrassment** Documentary.

12.35 AM **Midnight Fear** Thriller. (1990, 18, 105min) ★★
2.20 **Bluebeard** Horror thriller. (1944, b/w, PG, 73min) ★★
3.45 **To Dorothy a Son** Comedy. (1954, b/w, PG, 79min) ★★★
5.25 **to 6.00** AM **Churchill's Secret Army**

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **LIVE Test Cricket England v India.** Coverage of day one of the fourth Test staged at Old Trafford in Manchester. The hosts are looking to claim their first Test series victory against India since 2018 having lost two and drawn one series since then.
7.00 PM **LIVE World Matchplay Darts** Coverage of day five of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four second-round matches. The corresponding session last year kicked off with Andrew Gilding claiming an 11-5 victory over Krzysztof Ratajski, and that was followed by Rob Cross, Michael van Gerwen, and Michael Smith triumphing over Ryan Searle, Joe Cullen and Chris Dobey respectively.
12.00 M'T **LIVE WTA & ATP Tennis** Coverage of the third day's play of the Washington Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in Washington D.C.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Liverpool v Blackburn Rovers from 1994/95.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Leicester City v Nottingham Forest.
5.30 Manchester Utd v Fulham.
6.00 Bournemouth v Fulham.
6.30 Highlights from Bournemouth v Southampton.
7.00 **Premier League Stories**
7.30 **MNF Hlts** Chelsea v West Ham.
8.00 **Gary Neville's Soccerbox** The presenter talks to Thierry Henry.
8.30 **Premier League Stories**
9.00 **Outraged: Football's Discrimination** Documentary.
10.00 **Class of '92: Full Time**
11.00 **Premier League Stories**
11.30 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** Action from Liverpool v Manchester City in the 2016 final.
11.00 **1983: When Aberdeen Ruled Europe** Archive action.
12.00 NOON **SPFL: Old Firm Derby Best Goals** Action from games between Celtic and Rangers.
12.30 PM **SPFL: Edinburgh Derby Best Goals** Hearts v Hibernian.
1.00 **Craig Brown: My Scotland**
1.30 **There's Only One Sauzee**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **EFL Trophy** Action from Bolton Wanderers v Plymouth Argyle.
6.00 **Jimmy Glass: The Great Escape**
6.30 **EFL Rivalries** Triple bill.
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Chelsea v Liverpool in the 2023/24 final.
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy** Highlights from Peterborough United v Wycombe Wanderers in the 2023/24 final.
12.00 M'T **EFL** The 2017/18 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
10.00 **LIVE Test Cricket England v India.** Coverage of day one of the fourth Test at Old Trafford in Manchester. The hosts are looking to claim their first Test series victory against India since 2018 having lost two and drawn one series since then. Both sides are playing for the Anderson-Tendulkar Trophy after it was renamed from the Pataudi Trophy earlier on this summer.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
9.00 **Test Cricket** England v India.
10.00 **Women's One-Day International Cricket** Highlights of England v India at Banks Homes Riverside in Chester-le-Street.
11.00 **Test Cricket Bitesize**
11.15 **Best of ICC WT20** Highlights from England v India in 2007.
11.30 **Best of England v India** The 2013 ICC Champions Trophy final.
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
10.30 **The Open Zone** Discussion.
11.00 **Turkish Airlines Masterclass**
11.30 **Playing Lessons** Golf tips.
12.00 NOON **Ladies European Tour Golf** The Women's Scottish Open.
1.00 PM **LPGA Tour Golf**
2.00 **US Women's Open Golf**
3.00 **Women's PGA Championship**
4.00 **LPGA Tour Golf** Highlights.
5.00 **Ladies European Tour Golf**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** German Challenge.
8.00 **The Open** Day four of the Major from Royal Portrush Golf Club.
9.00 **PGA Tour Golf** A review of the Barracuda Championship.
10.00 **PGA Tour: The Cut**
10.30 **HotelPlanner Tour Golf**
11.00 **The Open** Day four of the Major.
12.00 M'T **PGA Tour Golf**
1.00 AM **Ladies European Tour Golf**
2.00 **European Seniors Golf**
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 **LIVE WTA & ATP Tennis** Coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
10.00 PM **LIVE WTA & ATP Tennis** The third day of the Washington Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in Washington D.C.
3.00 AM **Mirra Andreeva Podcast**
3.15 **Bitesize Tennis** Highlights.
3.45 **Tim Henman Podcast 2024**
4.00 **ATP Tour This Week**
4.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **Race Bikes** The first downhill bike.
7.30 **What I Wore** David Seaman.
8.00 **WRC Review** Rally Estonia.
9.00 **SailGP Highlights**
10.00 **T20 Cricket Highlights**
11.00 **TNT Sports Cricket Reload**
11.15 **The Gruppetto** Cycling action.
11.30 **Tour de France Highlights**
12.30 PM **LIVE Tour de France** Coverage of the 17th stage, a route from Bollene to Valence.
5.00 **LIVE MLB Atlanta Braves v San Francisco Giants.** Coverage of the National League match at Truist Park. Start-time **5.15pm**.
8.15 **TNT Sports Reload**
8.30 **MLB Plays of the Week**
9.00 **LIVE MLB Los Angeles Dodgers v Minnesota Twins.** The inter-league match at Dodger Stadium. Start-time is at **9.10pm**.
12.15 AM **Fight Week** UFC 318 review.
12.45 **Tom Aspinall's Fight Lab**
1.00 **Tour de France Highlights**
2.00 **IFSC Climbing World Cup Highlights** In Madrid, Spain.
3.00 **Race Bikes** The first downhill bike.
3.30 **TNT Sports Reload**
4.00 **to 6.00** AM **V8 Supercars Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **IFSC Climbing World Cup Highlights** From Madrid, Spain.
7.00 **HSBC SVNS Highlights**
11.00 **Gallagher Premiership Rugby Union** The 24/25 season review.
12.30 PM **Gallagher Premiership Rugby Union** A look at the best tries of the 2024/25 season.
1.00 **MLB Highlights**
2.00 **British Speedway** Action from the ninth round of the season.
3.00 **Fishing: On the Bank**
4.00 **T20 Cricket Highlights**
5.00 **MLB Highlights**
6.00 **TNT Sports Reload**
6.30 **Discovery Golf** The latest news.
7.00 **MotoGP Highlights**
8.00 **Tour de France Highlights** Action from the 17th stage.
9.00 **Training Day** From Brentford.
9.30 **Race Bikes** The first downhill bike.
10.00 **Discovery Golf**
10.30 **SailGP Highlights**
11.30 **TNT Sports Reload**
12.00 M'T **LIVE MLB Philadelphia Phillies v Boston Red Sox.** Coverage of the inter-league match staged at Citizens Bank Park. Start-time is at **12.05am**.
3.15 AM **MLB Plays of the Week**
3.45 **to 6.00** AM **MLB Classic**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **Lions Legends**
6.45 **British and Irish Lions Tour**
10.00 **Lions Legends** Profiles.
11.15 **British and Irish Lions Tour** A chance to see First Nations & Pasifika XV v British & Irish Lions.
2.30 PM **Lions Legends** Profiles.
3.00 **British and Irish Lions Tour** The three-match series between New Zealand and British & Irish Lions.
6.00 **British and Irish Lions Tour** Action from First Nations & Pasifika XV v British & Irish Lions.
7.00 **LIVE World Matchplay Darts** Coverage of day five of the tournament from Winter Gardens in Blackpool, which is scheduled to feature four second-round matches. The corresponding session last year kicked off with Andrew Gilding claiming an 11-5 win over Krzysztof Ratajski, and that was followed by Rob Cross, Michael van Gerwen, and Michael Smith triumphing over Ryan Searle, Joe Cullen and Chris Dobey.
12.00 M'T **Lions Legends** Profiles.
1.00 AM **British and Irish Lions Tour**
3.00 **Lions Legends** Profiles.
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL** Sheffield United v Sunderland: The Championship play-off final at Wembley Stadium.
7.00 **Good Morning Sports Fans**
10.00 **LIVE WTA & ATP Tennis** Coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
1.00 PM **Good Morning Football** Up-to-the-minute NFL news.
3.00 **LIVE WTA & ATP Tennis** Further coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP & WTA Washington Open.
10.00 **LIVE WTA & ATP Tennis** Coverage of the third day's play of the Washington Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in Washington D.C. Previous winners of the men's singles title here include Nick Kyrgios, Jannik Sinner, Alexander Zverev and Juan Martin del Potro, who won this event three times between 2008 and 2013.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Test Cricket** England v India.
8.00 **Women's One-Day International Cricket**
10.00 **The Open** Action from day four.
11.00 **LIVE World Pool Championship** Coverage of the first session on day three of the nineball event in Saudi Arabia.
3.30 PM **PDC Classics** Archive action.
4.00 **Women's One-Day International Cricket**
5.00 **PDC Classics** From 2017.
5.30 **LIVE World Pool Championship** Coverage of the second session on day three of the nineball event in Saudi Arabia.
10.00 **PDC Classics** Archive action.
11.00 **PGA Tour Golf** Review.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Test Cricket** England v India.
2.00 **Women's One-Day International Cricket**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League**
12.00 NOON **Premier League** Southampton v Tottenham.
1.30 PM Another chance to see Aston Villa v Manchester City.
3.00 PM **UEFA Champions League** Paris Saint-Germain v Inter Milan.
4.30 **UEFA Conference League** Another chance to see Real Betis v Chelsea in the 2024/25 final.
6.00 **UEFA Europa League** Tottenham Hotspur v Manchester United in the 2024/25 final.
7.30 **Ultimate Pool** Action from Group Eight of the Pairs Cup.
9.00 **Premier League Stories**
9.30 **Premier League Review** Action from the 2024/25 season.
12.30 AM **Premier League Stories**
1.00 **WRC Review** Rally Estonia.
2.00 **MotoGP Highlights** Action from the Grand Prix of Czechia.
3.00 **Ultimate Pool** Pairs Cup.
4.30 **to 6.00** AM **Classic Premier League**

TNT Sports 4

414 416 524 411 434

6.00 AM **Ally's Social Club**
6.30 **British Speedway**
7.30 **MotoGP** Action from the Grand Prix of Czechia in Brno, Czechia.
11.00 **MotoGP Chequered Flag**
12.00 NOON **V8 Supercars Highlights** NTI Townsville 500.
2.00 PM **WRC Review** Rally Estonia.
3.00 **SailGP Highlights**
4.00 **WRC: More Than Machine**
5.00 **Gallagher Premiership Rugby Union** A 2024/25 season review.
6.30 A look back at the best tries of the 2024/25 season.
7.00 **LIVE Summer World University Games** Coverage of the women's volleyball gold medal game at the event in Rhine-Ruhr.
9.30 **British Speedway** Highlights of he ninth round of the season.
10.30 **Fight Week** UFC 318 review.
11.00 **T20 Cricket Highlights** West Indies v Australia staged at Sabina Park in Kingston, Jamaica.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **Transworld Sport** Magazine.
8.00 **Euro Le Mans Highlights**
9.00 **LaLiga Specials**
10.00 **DTM Highlights** From Norisring.
11.00 **NASCAR Highlights**
12.00 NOON **MotorSport**
12.30 PM **LaLiga Specials**
1.00 **World Surf League**
2.00 **LaLiga Specials**
3.00 **Transworld Sport** Magazine.
4.00 **NASCAR Highlights**
5.00 **Euro Le Mans Highlights**
5.55 **LIVE Swedish Speedway Indianerna v Smederna.**
8.00 **Bike World** Magazine.
8.30 **Motorsport** Le Mans Classic.
9.00 **LaLiga Specials**
9.30 **Scottish Rally Championship**
10.00 **Swedish Speedway**
12.00 M'T **NASCAR Highlights**
1.00 AM **World Surf League**
2.00 **Transworld Sport** Magazine.
3.00 **DTM Highlights** From Norisring.
4.00 **to 6.00** AM **Motorsports**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** Bulls v Edinburgh in the second quarter-final.
8.00 **GP Confidential** F1 news.
8.30 **Premier Sports Cup** A chance to see Motherwell v Morton.
10.30 **FastZone** Motorsports highlights.
11.00 **Major League Cricket** Another chance to see San Francisco Unicorns v Texas Super Kings.
3.30 PM A replay of Washington Freedom v Seattle Orcas.
8.00 **Premier Sports Cup** A chance to see Motherwell v Morton.
10.00 **CONCACAF Gold Cup** Action from Canada v El Salvador.
12.00 M'T **Temples of Sport** Sporting venues from around the globe.
12.30 AM **Football's Greatest**
1.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers in game three of the Stanley Cup.
3.30 **Coppa Italia** A chance to see Bologna v AC Milan in the final.
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Belgian Grand Prix action from 2018 to 2023.
12.15 PM **Formula 1** Season highlights.
1.00 **Formula 1** Another chance to see the 2023 Belgian Grand Prix.
3.00 Another chance to see the 2024 Belgian Grand Prix.
5.00 **F1 Classic Races** A chance to see the 2010 Belgian Grand Prix.
7.10 **Carlos Sainz & the Lie Detector** With Williams' Carlos Sainz.
7.25 **Eddie Jordan Charity Event** Natalie Pinkham is at the launch of the Eddie Jordan Foundation.
7.30 **Formula 1** Belgian Grand Prix highlights from 2018 to 2023.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

24 July

Evening Planner

Cookery

Tom Kerridge Cooks Spain

ITV1, 8.30pm

The chef sets off on a road trip across Spain in his food truck starting in the Bay of Biscay, known for its fresh seafood.

Drama

Unforgivable

BBC2, 9pm

A family is struggling to come to terms with the aftermath of abuse in this one-off drama. With Anna Maxwell Martin.

Documentary

One Day in Southport

C4, 9pm

The harrowing events of 29 July 2024, when a mass stabbing at a dance class in Southport left three young girls dead.

Comedy

Mr Bigstuff

Sky Max & Sky Showcase, 9pm & 9.30pm (box set, Sky Box Sets)

As the series returns, Lee and Glen are on a mission to track down their dad.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Death in Paradise		10.00 News; Local News	
	102 BBC2	7.00 Today at the Test		8.00 Your Garden Made Perfect		9.00 Unforgivable			
	103 ITV1	‹ 6.30 News	7.30 Emmerdale		8.30 Tom Kerridge...	9.00 Who Wants to Be a Millionaire?... †		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 One Day In Southport		10.05 24 Hours in A&E	
	105 5	7.00 The High Street Shops We Loved & Lost		8.00 The Hotel Inspector		9.00 The Blitz with Rob Rinder & Ruth Goodman			10.30 The Crossbow...
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Rob & Romesh vs Hollywood Stunts		9.00 Mr Bigstuff		10.00 The Walking Dead: Dead City	
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 Top Gear		9.00 Ghosts US	9.45 The Kim Kardashian...		10.30 Things You...
	116 BBC4	7.00 A Summer...	7.30 The Flying...	8.00 The Many Faces of Helen Mirren			9.15 Film: Gosford Park		
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Botched: Most Outrageous...	
	136 MORE4	‹ 6.55 The Dog House New Zealand		7.55 The Dog House		9.00 24 Hours in A&E		10.00 999: On the Front Line	
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country		9.00 Law & Order: Special Victims Unit			
	108 SKY ATLANTIC	‹ 6.50 Six Feet Under		7.55 House of the Dragon		9.00 The Gilded Age		10.05 Big Little Lies	
	110 U&GOLD	‹ 6.40 Are...	7.20 Dad's Army	8.00 Still Open All Hours	8.40 The Vicar of Dibley			10.00 The Royle Family	10.40 Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More 2019 News for...	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	‹ 5.30 Racing League – Live: Coverage of round one from Yarmouth				9.00 Tour de France Highlights		10.00 Film: Mechanic: Resurrection	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges: The Brand New Tour		10.00 South Park	10.30 Film: South...
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Walking Dead		10.00 The Leftovers	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Hollywood Stunts		9.00 Mr Bigstuff		10.00 The Walking Dead: Dead City	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Bookish			
	130 SKY ARTS	7.00 Stories from Tate Britain		8.00 Discovering: Christopher Plummer		9.00 Oasis – Live at Wembley			
	132 U&W	7.00 Inside the Ambulance		8.00 One Born Every Minute				10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 The UnBelievable with Dan Aykroyd		10.00 Alien Corridors	
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve		8.00 Bangers & Cash		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Lockerbie		8.00 The Russell Murders: Who Killed Lin...		9.00 Chernobyl: The Lost Tapes			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Gladiator II		8.00 Wicked					
	302 2025 RECAP	‹ 5.50 The Killer		8.00 Fight or Flight			9.45 The Bikeriders		
	303 HITS	‹ 6.05 Venom: The Last Dance		8.00 A Quiet Place			9.45 A Quiet Place: Day One		
	304 GREATS	‹ 5.45 Last Action Hero		8.00 Superman IV – The Quest for Peace			9.40 The Godfather Part III		
	305 ANIMATION	7.00 Barnyard			8.40 The Nut Job				10.20 The Swan Princess...
	306 FAMILY	‹ 5.50 Zathura...	7.35 Finding Neverland			9.20 Batteries Not Included			
	307 ACTION	‹ 6.00 Baby Driver		8.00 The Mummy: Tomb of the Dragon Emperor				10.00 Terminator Salvation	
	308 BUDDY FILMS	‹ 6.00 Anyone But You		8.00 The 40-Year-Old Virgin				10.00 Ride Along 2	
	309 THRILLER	‹ 5.40 The Accountant		8.00 Ocean's Twelve					10.15 The Punisher
	310 DRAMA	‹ 6.15 The Great Escaper		8.00 Darkest Hour					10.15 The Swimmer
	311 SCI-FI	‹ 6.20 Gravity		8.00 The Nun II			9.55 28 Days Later..		
	313 FILM4	‹ 6.35 Star Trek				9.00 Ticket To Paradise			
SPORT	401 MAIN EVENT	7.00 Sky Sports News	7.30 World Matchplay Darts – Live: Coverage of the first and second quarter-finals in Blackpool						
	402 PREMIER LEAGUE	7.00 MNF Hlts		8.00 Gary Neville's Soccerbox		9.00 The Fall and Rise of Leeds United		10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL				9.00 EFL Greatest Games		10.00 EFL Cup Highlights	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of England...	8.00 Test Cricket				10.00 Best of England v India	
	410 TNT SPORTS 1	‹ 6.00 MLB – Live: Cleveland Guardians v Baltimore Orioles (Start-time 6.10)				9.15 MLB: Off the Bat	9.45 MLB Plays of the Week		10.30 Fishing...
	411 TNT SPORTS 2	7.00 AFL			8.30 PL Stories	9.00 PL Review			

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain** (S)(R)
10.15 **Fraud Squad** New edition People who steal from the NHS. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** New edition Homes in Coventry, Doncaster and Newcastle. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition A smashed-up wardrobe poses a carpentry conundrum. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **Our Lives: The Prisoner of Portmeirion** New edition The convention celebrating the show that made the village famous. (S)(AD)
7.30 **EastEnders** The latest owner of the Vic takes the helm. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** Stacey and the team help the Wellen family declutter and reorganise their home to create space for a foster child, discovering 306 soft toys, 124 towels and 106 spanners. (S)(R)

9 PM

9.00 **Death in Paradise** *Lucky in Love:* 3/9. A lottery winner is found dead at her villa, much to the horror of her husband and their visiting friends. But the mystery deepens when the victim's body seemingly vanishes. (S10) (S)(R)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Yesterday** Danny Boyle's comedy starring Himesh Patel and Lily James. A struggling musician gets hit by a bus during a mysterious event, and when he regains consciousness, he finds that he is the only person who can remember the Beatles, and sets out to exploit the opportunity by passing their hits off as his own compositions. With Joel Fry and Ed Sheeran. (S) (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Beechgrove Garden** (S)(R)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** Featuring chefs from the South West. (S)(R)
4.15 **The Life of Mammals** David Attenborough encounters vibrantly coloured monkeys. (S)(R)(AD)
5.15 **Flog It!** Paul Martin presents from Muncaster Castle in Cumbria. (S)(R)
6.00 **Richard Osman's House of Games** With guests Hannah Cockroft, Neil Morrissey, Penny Smith and Rhys Stephenson. (S)(R)
6.30 **Robson Green's Weekend Escapes** Sara Davies takes Robson gorge-walking in Teesdale. (S)(R)

9.00 Unforgivable

7.00 **Today at the Test** England v India: Action from the second day of the fourth Test at Old Trafford in Manchester. The hosts are aiming for their fourth Test series victory in the last five. (S)

8.00 **Your Garden Made Perfect** Wokingham residents Lisa and Justin want to make more of their home's plot outside, so designers Oliver Bond and Steve Williams step in to make their dreams a reality. (S)(R)

9.00 **NEW Unforgivable** Jimmy McGovern's drama starring David Threlfall, Anna Maxwell Martin and Mark Womack. The Mitchells deal with the devastating aftermath of an act of sexual abuse committed by a member of their own family who, after two years, is about to leave prison. *See feature, page 6.* (S)(AD)
10.45 **Newsnight** (S)
11.15 **Human** Ella Al-Shamahi examines the migration of Homo sapiens from Africa to the Middle East. (S)(R)
12.15 AM **Sign Zone: Money for Nothing** Old croquet sets. (S)(R)
1.15 **Sign Zone: The Moment of Proof** A drug gang leader is identified. (R)
1.45 **Sign Zone: Policing Paradise** Officers urgently search for a missing 98-year-old. (S)(R)
2.15 **Sign Zone: Pangolins – The World's Most Wanted Animal** (R)
3.15 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with guests Lady Leshurr, Gabby Logan and Adam Thomas. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Robert is buoyed by new information, Moira is full of dread, and Joe reiterates Kim's offer to buy the farm. (S)(AD)

8.30 **NEW SERIES Tom Kerridge Cooks Spain** The chef explores the food and culture of Spain, cooks with local ingredients and meetings some of the country's farmers and fishermen. *See feature, page 20.* (S)(AD)

9.00 **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson hosts as Meera Syal and Jim Moir take part, answering up to 15 questions that could land their charities a huge sum of money. (S)(R)

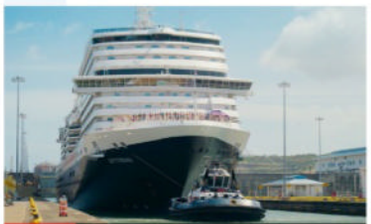
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM The Spy Who Loved Me** James Bond adventure starring Roger Moore. British secret agent 007 joins forces with a beautiful Russian spy to thwart a megalomaniac shipping magnate who is plotting the destruction of the world as a prelude to creating a new civilisation beneath the sea. With Barbara Bach. (S)(AD) (1977, PG, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Tour de France Highlights** (R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 21-24/25. (S3) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 21-24/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Lexus IS200. (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Dénia, Spain. (S)(R)
4.00 **The Great House Giveaway** Two strangers renovate a property in Weston-super-Mare. (S)(R)
5.00 **Chateau DIY** At Château de la Fare, Janet and Philip build their largest guest suite. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A Newcastle couple seek a holiday home for their retirement. (S)(R)


8.00 Supercruising: Life at Sea

7.00 **News** (S)

8.00 **Supercruising: Life at Sea** New edition 4/8. Dancer Summer from Milton Keynes is one of the newest recruits to the crew sailing the Caribbean, and is adapting to performing on a rocky stage while missing family back home. (S)(AD)

9.00 **NEW One Day In Southport** One-off documentary reliving the story of the July 2024 knife attack told through the eyes of one surviving girl and her family. Plus, an examination of the roots of the riots and mob violence that followed. (S)(AD)

10.05 **24 Hours in A&E** Sixty-six-year-old Carol is rushed to Queens Medical Centre in Nottingham with burn injuries to her face, while 71-year-old Grace has hurt her knee. (S)(R)
11.10 **Super Surgeons: A Chance at Life** Documentary. (S)(R)(AD)
12.10 AM **999: On the Front Line** (S)(R)
1.05 **Michael Mosley: Secrets of the Superagers** (S)(SL)(R)(AD)
2.00 **FILM Something Like an Autobiography** Bangladeshi drama. Subtitled. (S) (2023, 15, 85min) ★★
3.25 **Devon and Cornwall: Traditional Lives** Documentary. (S)(R)(AD)
4.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.45 **Kirstie's Fill Your House for Free**
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

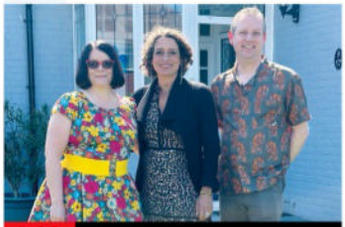
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **The Disappearing Game: A Teagarden Mystery** Drama with Candace Cameron Bure. (S) (2018, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Drag queen and animal sanctuary owner Colin deals with extreme weather. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall meets a spaniel that has been stealing items and eating them. (S)(R)
6.55 **News** (S)



8.00 The Hotel Inspector

7.00 **The High Street Shops We Loved & Lost** 1/2. A look back at the high street of yesteryear, celebrating favourite shop brands including Wimpy, Top Shop and Blockbuster. (S)(R)
7.55 **News** (S)
8.00 **The Hotel Inspector** New edition 2/8. Alex Polizzi heads to the Kent coast to Westbrook Lodge, an 11-bedroom guesthouse on the Kent coast which is battling a tide of competition and no bookings. (S)
9.00 NEW **The Blitz with Rob Rinder & Ruth Goodman** The duo uncover how the Blitz was experienced by those from different backgrounds. Rob follows the lives of the rich, while Ruth uncovers the true story of a young dockworker. (S)
10.30 **The Crossbow Murders: The Crime That Shocked Britain** A look at the crimes of 26-year-old ex-soldier Kyle Clifford, who was sentenced to life in prison after being arrested and charged with three murders. (S)(R)
11.40 **Cause of Death** (S)(R)
12.45 AM **Car Pound Cops** (S)(R)
1.15 **Entertainment News** (S)
1.20 **PlayOJO Live Casino Show** (S)
3.25 **Friends** (S8) (S)(R)(AD)
3.50 **The World's Most Expensive Hotels** Behind the scenes at the Plaza in Manhattan. (S)(R)
4.35 **Me & My 10 Kids** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 7/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Bart v Thanksgiving:* Bart runs away from home to a shelter for down-and-outs. (S)(R)
5.30 *Lisa the Simpson:* Lisa fears her genetics mean she is destined to be stupid. (S)(R)
6.00 *Bart the Daredevil:* Bart tries some death-defying skateboarding stunts. (S)(R)
6.30 *Itchy & Scratchy & Marge:* Marge begins a crusade to clean up TV. (S)(R)

10.00 The Walking Dead: Dead City

7.00 **The Office (US)** *Christmas Wishes:* 10/24. Andy hopes to make each employee's Christmas wishes come true. (S)(R)
7.30 *Trivia:* 11/24. Dwight explores some corporate opportunities. (S8) (S)(R)
8.00 **Rob & Romesh vs Hollywood Stunts** 1/4. Comedians Rob Beckett and Romesh Ranganathan head off to Los Angeles to throw themselves into the dangerous world of Hollywood stuntmen. (S)(R)(AD)
9.00 NEW SERIES **Mr Bigstuff** 1/6. Return of the comedy starring Danny Dyer and Ryan Sampson. (S)(AD)
9.30 New episode 2/6. Kirsty starts her new job. *See feature, page12.* (S2) (S)
■ Entire series on Box Sets
10.00 **The Walking Dead: Dead City** New episode *Why Did the Mainlanders Cross the River?* 3/8. Maggie travels to a dangerous and surprising place. (S2) (S)(AD)
■ Entire series on Box Sets
11.00 **Never Mind the Buzzcocks** With Sam Campbell, Calum Scott and CMAT. (S)(R)(AD)
11.45 **Curb Your Enthusiasm** 3/10. Randy quits his job. (S)(R)
12.25 AM 4/10. Larry meets a nanny from hell. (S3) (S)(R)
1.05 **The Force: North East** (S)(R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 7/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **10.40** Our Lives: The Prisoner of Portmeirion New edition (S)(AD) **11.10** FILM Yesterday (S)(AD) (2019, 12, 110min) ★★★ **1.00am** Weather for the Week Ahead (S) **1.05-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm House of the Year (S)(R) **11.10** FILM Yesterday: As Scotland. **1.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rookie Cops (S)(R) **11.10** FILM Yesterday: As Scotland. **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Sioe New edition **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **5.00** Larfa **5.05** Li Ban **5.20** Dreigiau – Marchogion Berc **5.40** Academi Gomedi (AD) **6.00** Radio Fa'ma (AD) **6.57** Newyddion **7.00** Heno o'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Pawb a'i Farn New edition **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **10.00** Seiclo: Tour de France **10.35** 24 Awr Newidiodd Gymru **11.25pm-12.30am** Y Sioe

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** Taking a look at the wildlife of Australia.
7.55 **The Catch Up**
8.00 **Top Gear** Motoring series.
9.00 **Ghosts US** New episode 21/22. A handsome living guest who can see ghosts arrives at Woodstone B&B. **9.25** Series finale 22/22. Sam and Isaac host a big party at the mansion for their book launch. (S4)
9.45 **The Kim Kardashian Diamond Heist** The inside story of the 2016 robbery.
10.30 **Things You Should Have Done** 5/6. Chi organises a family camping holiday just five minutes from home. **10.55** 6/6. Chi plans to start a new life with Michelle. (S1)
11.25 **Planet Sex with Cara Delevingne** Documentary.
12.10 AM **Top Gear**
1.10 **Things You Should Have Done** 5&6/6. (S1)
2.05 **Paranormal: Britain's Last Witch** Documentary.
2.35 **to 4.00** AM **A Good Girl's Guide to Murder**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me Paralympics Special** Five editions of the competition.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help a couple in Lancing, West Sussex.
6.55 **The Dog House New Zealand** New edition Dad Rinesh and his daughters are looking for a puppy.
7.55 **The Dog House** A boxer-cross pup called Diesel likes to nibble a beard and luckily has two to choose from with couple Rob and Andy.
9.00 **24 Hours in A&E** Doctors treat a cyclist who collided with a stampede of deer, and are concerned about the extent of blood loss from the puncture wounds.
10.00 **999: On the Front Line** Paramedics treat a woman who has tripped over her laptop cable and has broken her leg, having to endure a night without pain relief.
11.05 **Emergency Helicopter Medics** A tumble on an obstacle course leaves fun-runner Vijitha with a painful open fracture.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey with Angela Rippon** Angela begins the next leg of her journey in Hungerford.
7.30 **The Flying Archaeologist: The Thames** Ben Robinson views a network of trenches on the Hoo Peninsula.
8.00 **The Many Faces of Helen Mirren** A profile of the Oscar-winning actor.
9.00 NEW **Helen Mirren Remembers – Gosford Park** Helen Mirren looks back on her role in Robert Altman's film *Gosford Park*.
9.15 FILM **Gosford Park** Period comedy drama starring Michael Gambon. (2001, 15, 137min) ★★★★
11.25 FILM **The Good Liar** Crime thriller starring Helen Mirren. (2019, 15, 109min) ★★★★
1.10 AM **A Summer Journey with Angela Rippon**
1.40 **The Flying Archaeologist: The Thames** As 7.30pm.
2.10 **to 3.15** AM **Richard Flanagan: Life After Death – Imagine...**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** *Girls Just Want to Have Sums.* **6.30** *Regarding Margie.*
7.00 **The Simpsons** *Mr Spritz Goes to Washington:* Krusty agrees to run for Congress. **7.30** *Wad Goals:* Bart becomes a successful caddy.
8.00 **Below Deck** New edition Chef Anthony takes on the most dietary restrictions of the charter season yet.
9.00 **Gogglebox** *Welcome to Wrexham* is appraised. **10.00** *The Great British Bake Off* is critiqued.
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Rick and Morty**
2.05 **Mike Tyson Mysteries** New episodes (S4)
2.35 **Brooklyn Nine-Nine**
3.25 **Below Deck**
4.15 **Ramsay's Kitchen Nightmares USA**
5.05 **Modern Family**
5.25 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 3/10. (S7)
12.00 NOON **FBI** 3/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 3/22. A judge known for serving harsh sentences to juveniles is murdered. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Fire Country** *A Hail Mary:* 7/10. The future of Three Rock is in jeopardy as public opinion of the camp grows negative. (S2)

9 PM

9.00 **Law & Order: Special Victims Unit** New episode *Playing With Fire:* 19/22. The team find a pattern of rape and murder.

10 PM

10.00 **Law & Order: Special Victims Unit** New episode *Shock Collar:* 20/22. A car with a young girl in the back seat is stolen. (S26)
11.00 **FBI** 18&19/22. Double bill of the crime drama. (S5)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **The Real A&E** Double bill.
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **True Blood** 3&4/12. (S1)
10.00 **Six Feet Under** (S1)
12.10 PM **House of the Dragon**
1.20 **Gangs of Milan: Blocco 181**
3.35 **True Blood** 3/12. Tara seeks respite from her mother's alcohol-fuelled rage.
4.40 4/12. Jason becomes the prime suspect after Sookie discovers Dawn's body. (S1)
5.45 **Six Feet Under** 11/13. David and Nate attend a conference.
6.50 12/13. A murder leaves David shaken. (S1)

10.05 Big Little Lies

7.55 **House of the Dragon** *The Rogue Prince:* 2/10. Rhaenyra oversteps at the Small Council, while Viserys is urged to secure the succession through a new marriage. (S1)

9.00 **The Gilded Age** *A Different World:* 5/8. Gladys has trouble adjusting to her new circumstances. (S3)

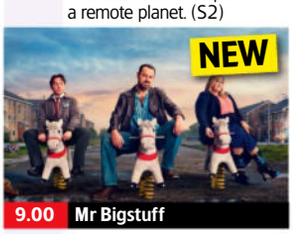
10.05 **Big Little Lies** *Kill Me:* 5/7. Renata attempts to help Celeste, and Bonnie relives painful memories from her past. (S2)
11.05 **Homicide: Life on the Street** 15/22. Munch suspects the events surrounding a murder are part of a conspiracy. (S7)
12.05 AM **American Rust** (S1)
2.05 **The Night Of** 6/8. (S1)
3.10 **House of the Dragon** (S1)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **Magnum P.I.** 2/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 21/22. (S1)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 7/22. (S5)
5.00 **SEAL Team** 20/22. Ray decides to come clean about his shoulder when he meets his case officer. (S1)
6.00 **Stargate Atlantis** 5/20. The team stumble upon a remote planet. (S2)



9.00 Mr Bigstuff

7.00 **Stargate Atlantis** *Trinity:* 6/20. McKay discovers a potent source of energy which he believes can be put to profitable use. (S2)

8.00 **Rob & Romesh vs Hollywood Stunts** Rob Beckett and Romesh Ranganathan learn about film stunt work.

9.00 **NEW SERIES Mr Bigstuff** 1/6. *See feature, page 12.*
9.30 New episode 2/6. Kirsty gets a new job. (S2)
■ Entire series on Box Sets

10.00 **The Walking Dead: Dead City** New episode *Why Did the Mainlanders Cross the River?* 3/8. (S2)
■ Entire series on Box Sets
11.00 **Never Mind the Buzzcocks**
11.45 **The Force: North East**
12.45 AM **Road Wars** Double bill.
2.55 **NCIS: Los Angeles** 12/22. The NCIS team investigate when an unidentified aircraft enters US airspace. (S13)
3.55 **S.W.A.T.** 7/22. Daniel Sr opens up to Hondo. (S5)
4.55 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Baby Steps**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **The Real Housewives of Miami** New edition
5.00 **The Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as Karen tries to open the 22 red boxes for the chance to win a life-changing prize.

8.00 **Million Dollar Listing: LA** Altman, Flagg and Tracy plan a Hollywood film-inspired party to launch a desert development.

9.00 **Love Island** New edition Reality show in which singletons compete in the hope of finding love – and winning £50,000.

10.05 **Botched** The top 10 most memorable encounters with famous people.
10.35 The top 10 most outrageous rejects.
11.00 **Family Guy** (S13&12)
12.05 AM **American Dad!** (S11)
1.05 **Bob's Burgers** 15/16. Bob struggles with a grinder. (S14)
1.35 **Totally Bonkers Guinness World Records**
2.05 **Buffering** 1/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal**
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Painted in Blood:* Barnaby investigates the death of amateur artist Ruth Fairfax, whose body has been discovered by Joyce.
5.50 **Heartbeat** *Vacant Possession:* Newcomers to Aidensfield are treated with hostility.

8.00 Vera

6.55 **Heartbeat** *We're All Allies Really:* Buried resentments rise to the surface when a German arrives in Aidensfield.

8.00 **Vera** *Castles in the Air:* A physiotherapist is shot dead while enjoying a holiday at a country retreat. The resulting investigation unearths betrayal, guilt and the desire for atonement – as Vera moves quickly to avoid another tragedy.

10.00 **Foyle's War** *Invasion:* American GIs arrive in Hastings to a mixed welcome, and a barmaid's involvement with a visiting soldier leads to murder.
12.00 M'T **Broadchurch** 7/8. Miller becomes more isolated.
1.00 AM 8/8. The events surrounding Danny Latimer's death are revealed. (S1)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Forest** The Galloway Hills Rally draws crowds.
8.00 **Beechgrove Garden** New edition Kirsty looks at the hot border she created two years ago.
8.30 **Loggerheads** The teams visit Dunnet Community Woodlands.
9.00 **Sir Alex** 1/2. The life and career of Alex Ferguson.
10.00 **Two Doors Down** 5/6. Two new health-conscious residents are introduced to the neighbours. (S5)
10.30 **Situationships with Sophie and Christine** New edition Offering relationship advice.
11.00 **Scot Squad** 4/5. PC Charlie McIntosh and PC Jane Mackay work undercover. (S3)
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto**
8.25 **Run** 1/7. (S1)
9.05 **The Conners** (S5)
10.05 **Vice Principals** (S1)
11.20 **Flight of the Conchords** (S2)
12.35 PM **Silicon Valley** (S4)
1.55 **Vice Principals** (S1)
3.15 **High Maintenance** (S2)
4.25 **Flight of the Conchords** (S2)
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** (S5)
9.00 **Girls** 9/10. Hannah faces a family dilemma.
9.40 10/10. Shoshanna is presented with a job opportunity. (S4)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.20 **Curb Your Enthusiasm**
12.40 AM **Enlightened** (S1)
2.00 **And Just Like That...** New episode 9/12. (S3)
3.00 **Somebody Somewhere**
4.30 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Classic FM's Rising Stars**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art Mysteries**
3.00 **Classic Movies: Story of The Dam Busters**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Stories from Tate Britain** 2/2. Behind the scenes at the gallery.
8.00 **Discovering**
9.00 **Oasis – Live at Wembley** From 2000.
11.00 **Oasis: Standing on the Edge of Noise**
12.20 AM **Story of the Jam: About the Young Idea**
2.00 **Cold War Steve Meets the Outside World**
4.00 **Dickens in Italy**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 18/26. (S1)
8.00 **Star Trek: Deep Space Nine** 2/26. (S3)
9.00 **Britain's Most Evil Killers** The story of Adam Whelehan, who killed his girlfriend in 2012.
10.00 **How I Caught the Killer** Benjamin Laing.
11.00 **Grimm** 22/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Sam tries to open the 22 red boxes for the chance to win a cash prize.
6.00 **Lingo** A pair of best mates and two twin sisters battle it out alongside the champions.
7.00 A grandmother and grandaughter, and a mother and son race the current champions.
8.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Dori takes on the Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 2/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 15&16/25. (S1)
12.00 NOON **Highway to Heaven** 9/25. (S1)
1.00 PM **Father Dowling Mysteries** 7/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** (S7)
9.00 **FILM Good Day for a Hanging** Western starring Fred MacMurray. The town's sheriff is shot during a bank robbery. (1958, U, 85min) ★★
10.55 **The Avengers** *Super Secret Cypher Snatch:* 3/33. Secret information is being leaked. (S6)
11.50 **M*A*S*H** (S7)
1.00 AM **Hart to Hart** (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **The Professionals**
8.00 **Kojak**
9.00 **Magnum, PI**
10.00 **Tour de France Highlights** Stage 17 of the race.
11.00 **LIVE Tour de France** Gary Imlach presents coverage of stage 18, a 171.5km route from Vif to Courchevel. With commentary by Ned Boulting and David Millar.
4.55 PM **Made in Britain** Featuring a Sheffield man who creates safety razors.

10.00 Mechanic: Resurrection

5.30 **LIVE Racing League** Megan Nicholls and Luke Harvey present coverage of the opening round of the season, which comes from Yarmouth. The six-week tournament sees teams of jockeys compete for team and individual awards.
9.00 **Tour de France Highlights** Action from stage 18, which consisted of a 171.5km route from Vif to Courchevel.
10.00 **FILM Mechanic: Resurrection** Action thriller starring Jason Statham. A hitman is blackmailed into carrying out three assassinations. With Tommy Lee Jones. (2016, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **BattleBots**
12.55 AM **The Professionals**
1.50 **Minder**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 16/26. (S7)
2.00 **Atlantis** 9/13. (S2)
3.00 **Stargate Atlantis** 13/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 16/26. (S7)
6.00 **Star Trek: Enterprise** 3/22. Archer and the crew are hailed as heroes when they return to Earth. (S4)

7.00 Atlantis

7.00 **Atlantis** *The Gorgon's Gaze:* 9/13. Pasiphae tries to force Ariadne to renounce the throne. (S2)
8.00 **Stargate Atlantis** *Critical Mass:* 13/20. The team race against time to foil a Goa'uld plan to destroy Atlantis. (S2)
9.00 **The Walking Dead** *Stalker:* 10/22. The group must defend Alexandria when Beta sneaks in through a tunnel. (S10)
10.00 **The Leftovers** *BJ and the AC:* 4/10. The figurine of the infant Jesus is stolen from the town's nativity scene. (S1)
11.00 **Westworld** 5/10. The Man in Black takes on an unlikely ally as he continues his mission to unlock The Maze. **12.00** M'T 6/10. Elsie discovers evidence that could point to sabotage. (S1)
1.00 AM **True Blood** 7&8/12. (S5)
3.00 **Room 104** 5&6/12. (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 3/23. (S1)
11.00 **Hudson & Rex** 9/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 3/23. (S1)
5.00 **Hudson & Rex** 9/16. The Major Crimes team are forced to turn against Jesse. (S4)
6.00 **Father Brown** *The New Order:* The padre clashes with an influential new parishioner.

7.00 Miss Scarlet and the Duke

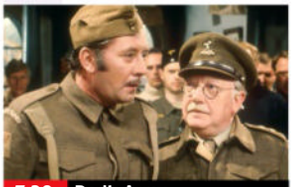
7.00 **Miss Scarlet and the Duke** 3/6. Eliza is forced into hiding when she is the prime suspect in a series of break-ins. (S2)
8.00 **Death in Paradise** *The Early Bird:* 6/8. Tragedy strikes in the jungle when a birdwatcher is stabbed with his own knife. (S3)
9.00 **Bookish** *Deadly Nitrate – Part One:* 3/6. There's excitement in the air when a film crew arrive at Archangel Lane.
10.10 **Bookish** *Deadly Nitrate – Part Two:* 4/6. Jack gets an unexpected answer when he confronts Trottie and Book. (S1)
11.25 **Father Brown** As 6.00pm.
12.20 AM **Miss Scarlet and the Duke** As shown at 7.00pm.
1.20 **Elementary** 8/13. A young criminal asks Holmes and Watson for help. (S7)
2.25 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.20 **Keeping Up Appearances**
10.00 **Are You Being Served?**
10.40 **Still Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **I Didn't Know You Cared**
2.00 **Dad's Army**
2.40 **Still Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Vicar of Dibley**
6.00 **Keeping Up Appearances**
6.40 **Are You Being Served?**



7.20 Dad's Army

7.20 **Dad's Army** Mainwaring and the platoon dress as firemen to take part in an initiative exercise.
8.00 **Still Open All Hours** Granville holds a sale to get rid of his old stock.
8.40 **The Vicar of Dibley** The villagers set up a radio station to mark the 650th anniversary of the church. **9.20** Geraldine rockets to stardom. Guest stars Darcey Bussell.
10.00 **The Royle Family** Antony is being teased about his new haircut.
10.40 **The Fast Show**
11.20 **Not Going Out**
12.00 M'T **Neil & Martin's Bon Voyage** The coast of Biarritz.
1.00 AM **The Vicar of Dibley**
1.40 **The Royle Family**
2.25 **The Fast Show**
2.55 **Not Going Out**
3.25 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Special Ops: Crime Squad UK**
10.00 **Trawlermen: Hunting the Catch** Documentary.
11.00 **Rick Stein's India**
12.00 NOON **Storage Hunters UK**
2.00 PM **Trawlermen: Hunting the Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate the nation's shellfish.
6.00 **Rick Stein's India** The chef goes in search of the perfect chicken korma in Lucknow.

6.00 Rick Stein's India

7.00 **Would I Lie to You?** With Davina McCall, Dave Gorman, Janet Street-Porter and Omid Djalili. **7 PM**
7.40 **Richard Osman's House of Games** With Chizzy Akudolu and Miles Jupp. **8.20** With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh. **8 PM**
9.00 **QI XL** Stephen Fry presents a festive special from 2010, with Daniel Radcliffe, Graham Norton and Lee Mack. **9 PM**
10.00 **Have I Got a Bit More 2019 News for You** Extended compilation of the news quiz looking back at the big news. **10 PM**
11.00 **Taskmaster** Jessica Knappett piles shoes on some butcher's scales, and James Acaster tries the emergency alarm on a lift.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Sun, Sea and Selling Houses**
10.00 **Help! We Bought a Village** In Normandy.
11.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Can't Sell, Must Sell** Two houses that need a buyer in Kent.
8.00 **FILM Titanic** Romantic drama starring Kate Winslet and Leonardo DiCaprio. A society girl falls for a penniless artist during the liner's ill-fated voyage. (1997, 12, 195min) ★★★★
11.50 **Gogglebox**
1.55 AM **24 Hours in Police Custody: The Murder Messages**
3.00 **Crime Scene Cleaners**
4.00 **to 5.00** AM **All Aboard! Scotland's Poshest Train**

5USA

141/169 129 120/162 21 129 29

9.05 AM **NCIS** 4-6/24. (S4)
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order** (S13)
6.00 **NCIS** *Grace Period:* 19/24. Two NCIS agents are murdered during an investigation into terrorist activity. **7.00** *Cover Story:* 20/24. A double murder investigation proves complicated for McGee. **8.00** *Brothers in Arms:* 21/24. Jenny Shepard attempts to solve the murder of an underworld source. (S4)
9.00 **Blue Bloods** *In & Out:* 14/22. Danny and Baez investigate a gang-related murder. (S7)
10.00 **Law & Order: Special Victims Unit** (S15)
11.55 **The Resident** (S2)
1.50 AM **Law & Order** (S5)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** A man collapses and crashes his car.
11.00 **My Lover, My Killer** New edition How Katie Wilding was consumed by Mitchell Richardson's dangerous lifestyle.
12.00 M'T **Making a Serial Killer** Documentary.
1.00 AM **Casualty 24/7: Every Second Counts**
2.00 **Quantico** 12&13/13. (S3)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
1.00 PM **The Motorway**
2.00 **FILM Gunfight at Comanche Creek** Western adventure starring Audie Murphy. (1963, U, 90min) ★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** A roadside breathalyser test reveals a shocking result.
9.00 **NEW SERIES Trucking Heavy: Massive Moves** A tiny house is set to be moved from Wales to a new location near Wolverhampton.
10.00 **Extreme Tow Truckers**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops**
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance**
8.00 **One Born Every Minute** Midwife Sarah and partner Stephen look forward to the arrival of their twins. **9.00** A couple who struggled with infertility await their first child.
10.00 **999 Rescue Squad** A driver is trapped after his lorry hits a tree. **11.00** The team join a search for a missing pilot.
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia** Cooking series.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.20 **Doctors** Double bill.
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 7/10. (S1)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather** (S8)
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** (S2)
9.00 **Outrageous** Series finale *Point of No Return:* 6/6. Nancy must confront Peter about their future together. (S1)
■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 6/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Snowdonia.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** Antiques experts Charlie Ross and Izzie Balmer head to Surrey. **8.00** Charlie Ross and Izzie Balmer head to an auction in Exeter.
9.00 **Help! My House Is Haunted** New edition A 33-acre former Napoleonic fortress.
10.00 **The Osbournes Want to Believe** Jack, Sharon and Ozzy debate if mirrors can be haunted.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Kyran Bracken and Sammy Winward.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **FILM Biggles: Adventure in Time** Time travel adventure. (1986, PG, 108min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM Return of Sabata** Western. (1971, 15, 107min) ★
3.20 **FILM Panhandle** Western. (1948, b/w, U, 85min) ★★
5.20 **Wanted: Dead or Alive**
6.00 **Bonanza** 32/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Out of Reach** Crime action thriller. (2004, 15, 82min) ★
10.55 **FILM Red Sun** Western. (1971, 15, 112min) ★
1.20 AM **FILM Seattle Superstorm** Disaster movie with Esai Morales. (2012, PG, 95min) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

6.00 AM **FILM Early Release** Thriller. (2017, PG) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM Murder at the Mansion** (2018) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM A Night to Regret** (2018, 12) ★★
3.00 **FILM The Killer Downstairs** (2019) ★
5.00 **FILM Summer House** Thriller. (2008, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Lucky Number Slevin** Comic thriller. (2006, 18, 110min) ★★★
11.20 **FILM An Aurora Teagarden Mystery: An Inheritance to Die For** Drama. (2019, PG,) ★★
1.25 AM **FILM The Many Faces of Alice** Thriller. (2016, PG, 95min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM April's Flowers** (2019) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Puppy Love** Drama. (2012, U) ★★
10.00 **FILM Farmer Seeking Love** (2022, PG) ★★
12.00 NOON **FILM Let Love Grow** Romantic drama. (2023, U, 90min) ★★
2.00 PM **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
4.05 **FILM The Perfect Wedding Match** Comedy. (2021, PG, 86min) ★★
6.05 **FILM Wedding Do Over** Family drama. (2018, PG, 90min) ★★
8.00 **FILM I Do, I Do, I Do** Romantic fantasy. (2015, PG, 90min) ★★
9.55 **FILM A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
11.50 **FILM The Seven Year Hitch** Romantic comedy. (2012, PG, 88min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Last Bridesmaid** (2019)
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Carry On Laughing** 3/6. (S1)
12.30 PM **You're Only Young Twice** 3/7. (S4)
1.00 **Mapp and Lucia** (S2)
2.00 **FILM Gung Ho!** Drama. (1943, b/w, PG) ★★★
3.45 **Auto Rewind**
4.00 **Blue Thunder** 2/11. (S1)
5.00 **Lucky Feller** 1/13. (S1)
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves** (S1)
8.30 **Lucky Feller** 1/13. (S1)
9.00 **Bramwell** 7/7. (S1)
10.00 **Soap** 13/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Lady of Burlesque** (1943) ★★
1.45 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig fights to survive a massive heart attack. **8.00** Rookie skipper Josh proves himself.
9.00 **Expedition X** Examine mysterious objects flying around Mexico's tallest active volcano.
10.00 **Expedition Unknown** Josh heads to the town of Turbek for some shocking revelations.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **Hairy Bikers' Mississippi Adventure**
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Maneet's Eats** New edition
9.30 **Nadiya's Fast Flavours**
10.00 **Tom's Best Ever Dishes**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 13/25. (S7)
9.00 **The Fall Guy** 10/23. (S2)
10.00 **Knight Rider** 1/22. (S4)
11.00 **FILM Ape vs Monster** Sci-fi fantasy adventure. (2021, 12, 88min) ★★
1.00 PM **FILM Gunsmoke: Return to Dodge** Western. (1989, 15) ★★
3.00 **FILM Ransom** Thriller. (1974, PG, 98min) ★★★
5.00 **Star Trek** 2/24. (S3)
6.00 **Knight Rider** 2/22. (S4)
7.00 **The Fall Guy** 11/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM PREMIERE Burning Rubber** Drama starring John Travolta. (2019, 15, 83min) ★★
10.50 **FILM Family Business** Tragi-comic drama. (1989, 15, 110min) ★★★
1.00 AM **FILM The Butterfly Effect** Sci-fi thriller. (2003, 15, 113min) ★★★
3.15 **to 5.00** AM **FILM Horror Express** Horror. (1972, 15, 88min) ★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM 2021: War of the Worlds** As 5.00pm.
8.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
10.00 **The Lost World** (S3)
11.00 **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
1.00 PM **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 3/23. (S4)
5.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 4/23. (S4)
9.00 **FILM Dragon Blade** Historical adventure starring Jackie Chan. (2015, 15, 101min) ★★
11.05 **FILM Paydirt** Thriller. (2020, 15, 86min) ★
1.00 **to 3.00** AM **FILM Dragon Blade** (2015)
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Nottinghamshire.
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal** Antiques in Worksop.
9.00 **Ancient Aliens**
11.00 **Evidence of the Unexplained**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Bulgaria.
12.00 NOON **Malta: The Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** In Germany.
8.00 **Ben Fogle: New Lives in the Wild** In Australia.
9.00 **Princess Anne: The Power Behind the Throne** A look at the Princess Royal's role in the royal family.
10.00 **The King's Guard: Serving the Crown**
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald** In Australia.
1.00 AM **The Hotel Inspector**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Florida.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Dream Derelict Home in the Sun**
10.00 **Fixer to Fabulous: Italiano** Dave and Jenny Marrs take a last-minute trip to get the renovation back on track in Italy.
11.00 **Home Town** New edition Ben and Erin design a cottage with textured whites to showcase art.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish: Mary**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters** Tammy hits a tipping point.
10.00 **1000-lb Sisters**
11.00 **Body Parts**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **1000-lb Sisters**
3.00 **Body Parts**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 5&6/8. (S7)
10.00 **Last Man Standing** (S5)
11.00 **Everybody Loves Raymond** 7-10/26. (S3)
1.00 PM **Friends** (S2&3)
8.00 **Friends** 7/25. Monica buys herself a new bed. **8.30** 8/25. Phoebe convinces herself she is a walking jinx. (S3)
9.00 **Kevin Bridges: The Brand New Tour**
10.00 **NEW SERIES South Park** (S27)
10.30 **FILM South Park: Bigger, Longer & Uncut** Animated comedy. (1999, 15, 81min) ★★★★
12.05 AM **South Park** (S1)
1.05 **Whose Line Is It Anyway? USA**
2.05 **Broad City** 7&8/10. (S1)
3.05 **Michael McIntyre: Hello Wembley!**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 7&8/13. (S1)
11.00 **Friends** (S6&7)
1.00 PM **Impractical Jokers**
2.00 **Daria** 9&10/13. (S1)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 7-10/26. (S3)
9.00 **Friends** 5/24. Ross celebrates his birthday. **9.30** 6/24. Monica poisons Ross with pie. **10.00** 7/24. Rachel confesses to Ross. (S2)
10.30 **Friends** (S2&1)
2.00 AM **Reno 911!** (S8)
3.00 **Jessica Fostekew: Silence of the Nans**
3.45 **Teachers** 9&10/20. (S2)
4.30 **Al Murray Live – Barrel of Fun** Stand-up show.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 9&10/12. (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** A chase through a hospital.
10.00 **Stella** 7&8/11. (S5)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Tom Davis.
2.00 **Road Wars**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Firsts**
2.00 **Catfish: The TV Show**
6.00 **Catfish: On the Run**
7.00 **Celebs on the Farm**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition The gang party in Atlantic City on Halloween.
11.00 **FILM The Girl in the Spider's Web** Thriller starring Claire Foy and Sylvia Hoeks. (2018, 15, 115min) ★★★
1.25 AM **NEW SERIES Love & Hip Hop: Atlanta**
2.20 **Ink Master**
3.10 **to 4.00** AM **Love At First Lie**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water**
5.00 **Building Off the Grid** An off-the-grid home within the edge of an active volcano.
6.00 **Border Control: Spain** In Madrid, some innocent-looking backpacks are anything but. **6.30** At La Línea border, a driver's erratic behaviour alerts officers to criminal activity.

9.00 Naked and Afraid: Last...

7.00 **Wheeler Dealers** Mike Brewer thinks there's money to be made on a soft-top Saab 900 with a dodgy clutch.

8.00 **Outback Truckers** A livestock trucker faces wild passengers and wild weather, as he takes two ostriches to a new home.

9.00 **Naked and Afraid: Last One Standing** New edition Cheeny has a key advantage in a friction fire elimination challenge, but her strategy puts her at risk. Blisters on Matt's hand might send him home.

11.00 **Border Control: Europe** A passenger is carrying drugs. **11.30** In Barcelona, customs officers clear out a van.
12.00 M'T **Moonshiners**
1.00 AM **Naked and Afraid: Last One Standing** As 9.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Saving community cats in Philadelphia. **4.00** How one cat is helping others find forever homes.
5.00 **Lone Star Law** Game Wardens patrol the Rio Grande.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats patients at a monkey sanctuary in Mexico.

7.00 Animal Cribs

7.00 **Animal Cribs** Antonio builds a backyard dragon clubhouse with a cool hangout spot for a family.

8.00 **Alaska: Surviving the Last Frontier** The group struggle to find enough food to eat, so Tim heads off to hunt for goats.

9.00 **Alaska: The Last Frontier** Otto and Eivin fix the homestead's fences to contain their herd of cows.

10.00 **Alaskan Bush People** As winter approaches, Billy faces a new medical crisis, while Noah and Rhain make a tough decision.

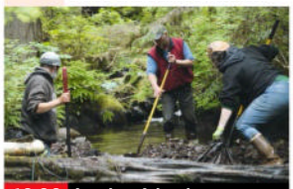
11.00 **Pit Bulls & Parolees** Earl returns from rehab hoping to rebuild his life.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Amsterdam Central 24/7** Documentary.
2.00 PM **Nazi Megastructures: Battle Ready** Double bill.
4.00 **World's Greatest Train Journeys from Above**
5.00 **Car S.O.S** A VW Wizard.
6.00 **World War II: Secrets from Above** In 1942, the Nazis develop the world's first cruise and ballistic missiles.



10.00 Lawless Island

7.00 **Air Crash Investigation** Investigating what caused John F Kennedy Jr's light aircraft to crash into the Atlantic Ocean in 1999.

8.00 **Inside Airport Lost & Found** New edition A bag is lost that contains much-needed medication and $3,000 in cash.

9.00 **Car S.O.S.** Fuzz Townshend and Tim Shaw head off to Southampton to take on a 1969 Jensen Interceptor.

10.00 **Lawless Island** New edition Veronica and Terry work together in order to revamp the garden Litzi left behind.

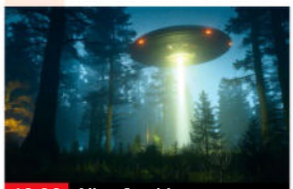
11.00 **Air Crash Investigation** A plane crashes in San Andres.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Abandoned** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Swamp People: Serpent Invasion** New edition
2.00 **Mountain Men**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Jungle**
5.00 **What on Earth?**
6.00 **American Pickers** Mike uncovers a massive stash of brass-era bikes in Cleveland.



10.00 Alien Corridors

7.00 **Forged in Fire** Four smiths recreate the Fairbairn Sykes fighting knife by combining three sizes of W1 round stock.

8.00 **Swamp People: Serpent Invasion** Troy and Pickle call in a chopper to reach a remote hunting spot deep in the Everglades.

9.00 **The UnBelievable with Dan Aykroyd** New edition A look at some of the world's most unusual and fascinating customs.

10.00 **Alien Corridors** A look at the Falkirk Triangle, which has plentiful numbers of reports of abduction to unexplained interference.

11.00 **What on Earth?** A strange mass breaches the ocean surface near Antarctica,
12.00 M'T **Encounter: UFO** A look at alien visitations to Earth.
12.55 AM **The Proof Is Out There**
1.50 **The UnBelievable with Dan Aykroyd** As 9.00pm.
2.50 **Forged in Fire**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** Churchill's plan to create a giant ship out of ice and a Nazi treasure hunt.
6.00 **Antiques Roadshow** From the All England Lawn Tennis and Croquet Club in Wimbledon.

8.00 Bangers & Cash

7.00 **Cornwall with Simon Reeve** 2/2. Simon looks into the environmental challenges facing Cornwall and the rest of the country.

8.00 **Bangers & Cash** Derek picks up a quartet of vehicles from a farm in Shropshire, including a 1937 Austin Seven van.

9.00 **Classic Car Kings** Irv takes on the restoration of an Escort RS1600i from an owner who had to give it up due to ill health.

10.00 **Bangers & Cash** Dave picks up a rare Subaru Impreza and a powerful Ford Escort RS Cosworth from Wales.

11.00 **Bangers & Cash** Derek checks out an abandoned 1985 Renault 4 and MGB Roadster.
12.00 M'T **Abandoned Engineering** An underground base with the power to destroy nations.
1.00 AM **Secret Nazi Bases**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Salvage Hunters: Georgian House Restoration**
9.00 **Salvage Hunters** New edition Drew Pritchard and Alister Dryburgh uncover hidden gems, including some vintage motorbikes.
10.00 **Salvage Hunters: The Restorers**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Crime Stories**
12.00 NOON **Deadly Affairs**
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ian Huntley.
4.00 **American Monster**
6.00 **American Detective**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Chris Watts: A Faking It Special**
1.00 AM **Michael Jackson: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** The bodies of four men are found in a wooded area known as The Hog Trails.
8.00 **Millionaire Murders** Abraham Shakespeare wins the lottery, but all the requests for money become too much.
9.00 **Shocking Crimes: Murder Book** A bar tender is found dead.
10.00 **It Takes a Killer** A gunman tries to take out an entire family as they enter their house. **10.30** A rabbi's wife is murdered inside the family's suburban home.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** CCTV footage of a convenience store murder proves too fuzzy to be of any use. **4.30** A young Colorado mother suddenly vanishes on Thanksgiving Day. **5.00** A woman's call girl image is revealed when she goes missing. **5.30** An 18-year-old girl disappears on her way to a family ski trip. **6.00** When a gym teacher is found dead, the police quickly suspect his wife of foul play. **6.30** The clerk of an Atlanta-area smoke shop is shot during a robbery.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** True-crime.
1.00 PM **Britain's Most Evil Killers** Jason Marshall.
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Murder Uncut**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Alexandria: The Greatest City**
9.40 **Franco: The Last Inquisitor** Documentary.
10.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
11.55 **Pearl Harbor, World on Fire** Documentary.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Alexandria: The Greatest City**
2.45 **Franco: The Last Inquisitor** Documentary.
3.55 **The Truth About...**
5.05 **Pearl Harbor, World...**
6.15 **Alexandria: The Greatest City**
7.20 **NEW SERIES Franco: The Last Inquisitor**
8.30 **The Truth About...**
9.40 **Pearl Harbor, World...**
10.50 **The Truth About...**
12.00 M'T **Pearl Harbor...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Superpowered: The DC Story** Documentary.
7.00 **Discovering: Julia Roberts**
8.00 **The Directors** John Singleton.
8.55 **The Vow** True crime.
10.00 **UFO** Documentary.
11.00 **Lockerbie** As 7.00pm.
12.00 NOON **Dear Ms: A Revolution in Print** Documentary.
2.10 PM **AKA Mr Chow**
4.00 **Discovering: Julia Roberts**
5.00 **The Directors** John Singleton.
5.55 **The Vow** True crime.
7.00 **Lockerbie** A shock verdict leaves the families unsatisfied.
8.00 **The Russell Murders: Who Killed Lin and Megan?**
9.00 **Chernobyl: The Lost Tapes**
11.00 FILM **The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
1.00 AM **Flight 149: Hostage of War**
2.50 **Look Away** Documentary.
4.40 **My Icon: Rachel Yankey**
5.00 **to 6.00** AM **Discovering: Julia Roberts**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Guardians of the Wild**
11.00 **Wildlife ER**
12.00 NOON **My Best Friend's an Animal** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Guardians of the Wild**
5.00 **Wildest New Zealand**
6.00 **My Best Friend's an Animal**
7.00 **Monkey Life** Double bill.
8.00 **Great Parks of Africa**
9.00 **Over Australia**
10.00 **My Best Friend's an Animal** The special relationship Dingani the baboon shares with his primate pal Lucy.
11.00 **Wildest New Zealand**
12.00 M'T **Wildlife ER**
1.00 AM **Planet Weird**
2.00 **Great Parks of Africa**
3.00 **Over Australia** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens: Secret Science** Documentary.
7.00 **Ancient Aliens**
8.00 **Britain's Secret Islands**
9.00 **Custer: The Final Mystery**
10.00 **Blown Away**
11.00 **Ancient Aliens: Secret Science**
12.00 NOON **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Custer: The Final Mystery**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **Cursed Treasures**
6.00 **Combat Trains**
7.00 **What on Earth?**
8.00 **Mysteries of the Ancient Dead** Researchers find new evidence at a sacrificial alter.
9.00 **Viking Dead**
10.00 **Life After People**
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens: Secret Science** Documentary.
1.00 AM **Ancient Aliens**
2.00 **Evidence of the Unexplained**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Dead West**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** Martin Decker.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain with Dermot Murnaghan** Stephen Port.
3.00 **Murdertown** Molly McLaren.
4.00 **Cops Who Kill with Will Mellor**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files: Dead West**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **The First 48** New edition
10.00 **Fugitive Hunters: Mexico** Series finale True crime.
11.00 **Fugitives Caught on Tape**
12.00 M'T **Murder By Medic**
1.00 AM **The First 48**
2.00 **Fugitive Hunters: Mexico**
3.00 **Criminal Confessions**
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Backyard Bull Sharks**
3.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The staff prepares a home for an orphaned baby gorilla.
8.00 **Europe from Above**
9.00 **Alaska Fish Wars** Captain Gavin finds himself in trouble when he oversleeps.
10.00 **Ice Road Rescue** Thord meets a rival to discuss an expansion. **11.00** Thord risks his life to keep the roads open during a winter storm.
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Thai Cave Rescue**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Thai Cave Rescue** The operation to save 12 boys and their football coach in 2018.
9.00 **Secret Space Escapes** An account of a space-walker who was stranded outside his craft.
10.00 **How Do They Do It?** An insight into iron-mining operations. **10.30** The development of lights that are transforming popular sport worldwide.
11.00 **World's Top 5** Factories.
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.05 AM **The Dick Emery Show**
11.00 **Secret Army** Double bill.
1.25 PM **Pickwick Papers**
2.40 **The Dick Emery Show**
4.40 **Secret Army** Double bill.
7.00 **Pickwick Papers** 3/12. Mr Winkle finds he is in disgrace after a shooting accident, while Mr Pickwick and his friends attend a cricket match at Dingly Dell. **7.40** 4/12. Mr Wardle and Mr Perker finally catch up with runaways Mr Jingle and Rachel, and confront them at the White Hart Inn. (S1)
8.20 **The Dick Emery Show** Triple bill of comic sketches.
10.15 **Secret Army**
11.25 **Louis Theroux: Law & Disorder in Lagos** The journalist meets the gangs that run the Nigerian city's streets.
12.30 AM **Pickwick Papers**
1.45 **The Dick Emery Show**
3.30 **Secret Army** Double bill.
5.20 **to 6.00** AM **The Dick Emery Show**

+1hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** Kathy Chou.
9.00 **American Monster**
11.00 **Six Degrees of Murder**
1.00 PM **Disappeared**
3.00 **Murder Comes to Town**
5.00 **Til Death Do Us Part**
7.00 **The Murder Tapes** Workers find a body on an abandoned property in western Ohio. **8.00** Jamie Baker is found murdered with a bullet wound through her back.
9.00 **How (Not) to Get Rid of a Body** Charred and decomposed human remains are found in the Poconos.
10.00 **Road Rage** A couple pull a pistol on another driver, and an elderly man is taken for a wild ride on the freeway. **10.30** A disgruntled neighbour takes things too far, and a gunman threatens a driver.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Hostage 911** Double bill.
2.00 AM **Til Death Do Us Part**
4.00 **to 6.00** AM **The Murder Tapes**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Military vehicles.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** Documentary.
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina**
9.00 **Richard Hammond's Workshop** Neil promises to help a friend.
10.00 **Texas Metal** An antique tanker.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** Vintage military vehicles.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★
8.00 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
9.45 **Buffalo Kids** As 2.30am.
11.25 **Juror #2** As 10.45pm.
1.25 PM **Sacramento** Comedy. (2024, 15, 89min) ★★★
3.05 **William Tell** Historical drama. (2025, 15, 133min) ★★★
5.20 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★

8.00 Wicked

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges a friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Juror #2 Crime thriller starring Nicholas Hoult. While serving as a juror in a high-profile murder case, a family man grapples with a serious moral dilemma. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
2.30 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
4.10 **to 6.00** AM **I Don't Understand You** Comedy. (2024, 15, 97min) ★★★

Sky Cinema Hits

303 303 403 503 517

7.30 AM **A Quiet Place** As 8.00pm.
9.15 **A Quiet Place: Day One**
11.00 **Pain & Gain** As 2.00am.
1.15 PM **Hook** As 11.30pm.
3.40 **Ready Player One** Sci-fi adventure starring Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
6.05 **Venom: The Last Dance** Fantasy adventure sequel starring Tom Hardy, Chiwetel Ejiofor and Juno Temple. (2024, 15, 110min) ★★★

8.00 A Quiet Place

8.00 A Quiet Place Horror starring Emily Blunt and John Krasinski. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. With Millicent Simmonds. (2018, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 A Quiet Place: Day One Horror starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Hook Steven Spielberg's adventure starring Robin Williams and Dustin Hoffman. (1991, U, 140min) ★★★
2.00 AM **Pain & Gain** Dark crime comedy with Mark Wahlberg. (2013, 15, 124min) ★★★
4.15 **to 6.05** AM **The Beekeeper** Thriller with Jason Statham. (2023, 15, 105min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.30 AM **The Sons of Katie Elder**
9.40 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
11.55 **Erin Brockovich** Drama. (2000, 15, 133min) ★★★★
2.15 PM **The Three Musketeers: Milady** Adventure sequel. (2023, 12, 115min) ★★★★
4.15 **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
6.15 **The Great Escaper** Drama starring Michael Caine. (2023, 12, 96min) ★★★★
8.00 **Darkest Hour** Period drama starring Gary Oldman and Kristin Scott Thomas. Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★
10.15 **The Swimmer** Hebrew drama starring Omer Perelman Striks and Asaf Jonas. Subtitled. (2021, 18, 84min) ★★★
11.50 **The Sons of Katie Elder** Western. (1965, U, 122min) ★★★
2.00 AM **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
3.40 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
5.40 **to 7.25** AM **Lady Bird** Comedy. (2017, 15, 94min) ★★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.00 AM **The Pact** As 1.40am.
8.35 **The Watched** As 3.20am.
10.25 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
12.10 PM **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
2.05 **The Meg** Action adventure. (2018, 12, 113min) ★★★
4.10 **The Birds** Alfred Hitchcock's horror starring Tippi Hedren. (1963, 15, 118min) ★★★★★
6.20 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
8.00 **The Nun II** Horror sequel with Taissa Farmiga and Storm Reid. (2023, 15, 110min) ★★
9.55 **28 Days Later** Horror starring Cillian Murphy, Naomie Harris and Megan Burns. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (2002, 18, 113min) ★★★★
11.55 **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
1.40 AM **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
3.20 **The Watched** Horror thriller. (2024, 15, 102min) ★★★
5.10 **to 6.50** AM **Aeon Flux** Action thriller. (2005, 15, 93min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.15 AM **The Witches** Adventure. (1989, PG, 90min) ★★★★
8.55 **Finding Neverland** (2004)
10.40 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
12.25 PM **The Smurfs** Adventure. (2011, U, 103min) ★★
2.10 **The Smurfs 2** Comedy sequel. (2013, U, 104min) ★★
4.00 **IF** Fantasy. (2024, U) ★★★
5.50 **Zathura: A Space Adventure** Sci-fi fantasy adventure. (2005, PG, 113min) ★★★★

7.35 **Finding Neverland** Period drama starring Johnny Depp, Kate Winslet, Julie Christie and Dustin Hoffman. (2004, PG, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Batteries Not Included** Sci-fi fantasy starring Hume Cronyn and Jessica Tandy. The tenants of a run-down Manhattan building thwart an unscrupulous developer with the aid of two tiny alien spacecraft. (1987, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Beethoven** Comedy about a shaggy dog that wins the love of a suburban family by destroying their home. Stars Charles Grodin and Bonnie Hunt. (1992, U, 87min) ★★★
12.40 AM **IF** As shown at 4.00pm.
2.30 **Zathura: A Space Adventure**
4.20 **Sky Cinema Preview**
5.00 **to 6.55** AM **Batteries Not Included** As 9.20pm.

Sky Cinema Action

307 307 407 507 521

7.05 AM **The Young Master** Comedy. (1980, 15) ★★★
8.55 **Hancock** As 3.45am.
10.40 **Jason Bourne** (2016) ★★★
12.45 PM **The Scorpion King** Fantasy. (2002, 12) ★★★
2.20 **Godzilla x Kong: The New Empire** (2023, 12) ★★★
4.20 **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★
6.00 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★

8.00 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser. The explorers join their son in a desperate quest to stop the mummy of an ancient Chinese Emperor from conquering the world. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Jackie Chan's Police Story** Hong Kong martial arts comedy thriller. Subtitled. (1985, 15, 98min) ★★★★
1.45 AM **Madame Web** Fantasy. (2024, 12, 116min) ★★★
3.45 **Hancock** Action comedy. (2008, 12, 92min) ★★★
5.30 **to 7.15** AM **Jackie Chan's Armour of God** Thriller. (1986, 15, 95min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

7.00 AM **David Brent: Life on the Road** As shown at 4.10pm.
8.40 **Big Daddy** (1999, 12) ★★★
10.30 **Daddy's Home 2** Comedy. (2017, 12, 100min) ★★★
12.25 PM **Ride Along** Comedy. (2014, 12, 97min) ★★
2.15 **Ride Along 2** As 10.00pm.
4.10 **David Brent: Life on the Road** Mockumentary comedy. (2016, 15, 96min) ★★
6.00 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★

8.00 **The 40-Year-Old Virgin** Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. With Paul Rudd. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Ride Along 2** Comedy sequel starring Ice Cube and Kevin Hart. An excitable beat cop is reluctantly recruited by his fiancée's detective brother to help bring a drug dealer to justice. (2016, 12, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Drive-Away Dolls** Action comedy starring Margaret Qualley and Beanie Feldstein. (2023, 15, 84min) ★★★
1.30 AM **Anyone But You** (2023)
3.30 **The First Wives Club** (1996)
5.30 **to 6.00** AM **The Cinema List: The 90s**

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **Jericho Ridge** As 2.20am.
9.15 **Contraband** As 3.55am.
11.20 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
1.40 PM **Ocean's Eleven** Caper thriller with George Clooney. (2001, 12, 116min) ★★★★
3.50 **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 94min) ★★★
5.40 **The Accountant** Crime action thriller starring Ben Affleck. (2016, 15, 123min) ★★★

8.00 **Ocean's Twelve** Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Catherine Zeta-Jones. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they try to steal $160million. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Punisher** Action thriller starring Tom Jane. A grieving ex-cop launches a series of revenge attacks on a psychopathic crook. (2004, 18, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Kill** As shown at 3.50pm.
2.20 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★
3.55 **Contraband** Action thriller. (2012, 15, 105min) ★★★
5.55 **to 7.35** AM **Melancholia** Drama with Jeroen Krabbe. (1989, 15, 85min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **A Lawless Street** Western. (1955, U, 78min) ★★
12.35 PM **The Winslow Boy** Drama. (1948, b/w, U, 117min) ★★★★
2.55 **The Smallest Show on Earth** Comedy starring Bill Travers. (1957, b/w, U, 80min) ★★★★
4.35 **San Demetrio, London** World War Two drama. (1943, b/w, PG, 105min) ★★★★
6.35 **Star Trek** Sci-fi adventure. (2009, 12, 127min) ★★★★

Star Trek (film started at 6.35pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Ticket To Paradise** Romantic comedy with George Clooney and Julia Roberts. A divorced couple travels to Bali to stop their daughter's pending wedding. (2022, 12, 104min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.05 **White House Down** Action thriller starring Channing Tatum and Jamie Foxx. A lone cop strives to save the day after heavily armed terrorists seize control of the White House. (2013, 12, 131min) ★★★ **11 PM**
1.40 **to 4.00** AM **Macbeth** Shakespeare's drama starring Michael Fassbender. (2015, 15, 110min) ★★★★★

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.10 AM **Piece by Piece** Animation. (2024, PG, 105min) ★★★
8.00 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★
10.50 **Harold and the Purple Crayon** Family adventure starring Zachary Levi and Lil Rel Howery. (2024, PG, 87min) ★★★
12.25 PM **The Garfield Movie** Animated family adventure. (2023, U, 101min) ★★★
2.10 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
3.50 **Rob Peace** As 11.45pm.
5.50 **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. (2024, 15, 125min) ★★★★
8.00 **Fight or Flight** Thriller with Josh Hartnett and Katee Sackhoff. A mercenary is assigned a target on a flight, but rival assassins also board the plane. (2025, 15, 98min) ★★★
9.45 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
11.45 **Rob Peace** Drama starring Chiwetel Ejiofor and Jay Will. (2024, 15, 120min) ★★★
1.50 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
4.10 **to 6.00** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★
8.25 **Star Trek V: The Final Frontier** Sci-fi fantasy adventure sequel. (1989, PG, 100min) ★★
10.25 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
12.40 PM **The Godfather Part II** Drama sequel with Al Pacino. (1974, 18, 200min) ★★★★★
4.00 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
5.45 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
8.00 **Superman IV – The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
9.40 **The Godfather Part III** Francis Ford Coppola's gangster drama sequel starring Al Pacino as an ageing businessman trying to put his criminal days behind him. (1990, 15, 162min) ★★★★
12.35 AM **Bad Boys** Action comedy thriller starring Martin Lawrence. (1995, 15, 118min) ★★★
2.40 **Vertigo** Alfred Hitchcock's thriller starring James Stewart. (1958, PG, 128min) ★★★★★
4.55 **to 6.55** AM **The Collector** Thriller. (1965, 15, 119min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.30 AM **Trolls Band Together** Animation. (2023, U) ★★★
9.10 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
10.50 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
12.35 PM **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
2.15 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
4.00 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
5.30 **Antz** Animated family comedy. (1998, PG, 83min) ★★★
7.00 **Barnyard** Animated comedy. (2006, PG, 90min) ★
8.40 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
10.20 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
11.45 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
1.15 AM **The Nut Job** As 8.40pm.
2.45 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.15 **Madagascar 3: Europe's Most Wanted** (2012, PG) ★★★★
5.55 **to 6.20** AM **Sky Cinema Preview**

Movies 24

312 313 419

7.00 AM **#Xmas** Festive comedy. (2022, PG, 90min) ★★
9.00 **A Carol for Two** Festive drama. (2024, PG, 90min) ★★
11.00 **Happy Holidays from Cherry Lane** Festive drama anthology sequel. (2024, PG, 90min) ★★
1.00 PM **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
3.00 **Following Yonder Star** Festive drama. (2024, PG, 84min) ★★
5.00 **Joyeux Noel** Romantic drama. (2023, PG, 90min) ★★
7.00 **Twas the Night Before Christmas** Festive drama starring Torrey DeVitto and Zane Holtz. An actor takes charge of a Christmas play setting out to prove who wrote a classic poem. (2022, PG, 84min) ★★
9.00 **Hanukkah on Rye** Romantic comedy starring Yael Grobglas and Jeremy Jordan. Two deli owners must put their rivalry aside. (2022, PG, 90min) ★★
11.00 **Christmas on Cherry Lane** Drama. (2023, PG, 90min) ★★
1.00 AM **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Three Wise Men and a Baby** (2022, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.35 **The Ghost Camera** Crime thriller. (1933, b/w, U, 68min) ★
7.55 **Glad Tidings** Comedy drama. (1953, b/w, U, 68min) ★★
9.15 **The Strange Love of Martha Ivers** Romantic melodrama. (1946, b/w, PG, 117min) ★★★★
11.30 **You'll Never Get Rich** Musical comedy starring Fred Astaire. (1941, b/w, U, 88min) ★★★
1.15 PM **Who Killed The Cat** Mystery. (1966, b/w, U, 86min) ★★
3.00 **Crown Court** 82-84/151. (S2)
4.30 **Look at Life** Documentary.
4.45 **The Weak and the Wicked** Drama starring Glynis Johns. (1953, b/w, PG, 84min) ★
6.30 **Tell Me Another**
7.00 **Sailor of Fortune** 4/26. (S2)
7.30 **The Cheaters** 8/27. (S2)
8.00 **The Brothers** 6/16. (S7)
9.05 **Love and Pain and the Whole Damn Thing** Romantic comedy. (1972, PG, 110min) ★★
11.20 **Wuthering Heights** Drama. (1998, 12, 113min) ★★
1.40 AM **Come Back Peter** Comedy. (1952, b/w, U, 80min) ★★
3.15 **Jail Bait** (1954, b/w, PG) ★★
4.45 **to 6.00** AM **Rubber Racketeers** Crime drama. (1942, b/w, PG, 66min) ★★

THURSDAY Sport 24 July

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
10.15 LIVE **Test Cricket England v India.** Coverage of day two of the fourth Test at Old Trafford in Manchester. The hosts are aiming for their fourth Test series victory in the last five, having previously beaten the likes of New Zealand, West Indies and Sri Lanka since July last year.
7.00 PM **Sky Sports News**
7.30 LIVE **World Matchplay Darts** Coverage of the first and second quarter-finals on day six of the tournament from Winter Gardens in Blackpool. With just eight players remaining matches now become the first to 16 legs, and those in action tonight will hope to follow in the footsteps of James Wade and Luke Humphries, who each recorded 16-10 victories over Ross Smith and Dimitri Van den Bergh at this stage last year.
11.00 LIVE **WTA & ATP Tennis** Day four of the Washington Open from William H.G. FitzGerald Tennis Center in Washington D.C.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **MNF Hlts** Recent action.
9.30 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **PL Retro** Liverpool v Chelsea from the 2013/14 season.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **MNF Hlts** Recent action.
8.00 **Gary Neville's Soccerbox** With guest Paul Scholes.
8.30 With Robbie Fowler.
9.00 **The Fall and Rise of Leeds United** Taking a look at the relegations, points deductions, and heartbreak suffered by Leeds.
10.00 **Class of '92: Full Time** With wholesale changes over the summer, Salford's new manager has just five weeks of pre-season to transform the team ahead of another promotion push.
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2017 final.
11.00 **SPFL Special: Celtic's Invincibles** Celtic's unbeaten 2016/17 domestic campaign.
12.00 NOON **Jimmy Glass: The Great Escape** Carlisle United's escape from relegation in 1999.
12.30 PM **EFL Rivalries**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights** Action from Chelsea v Liverpool in the final.
5.00 **Best Goals: EFL Cup 23/24**
5.30 **EFL Trophy Football** Action from the 2023/24 final.
6.00 **EFL** A chance to see Leeds United v Watford in the 2005/06 Championship play-off final.
7.00 Derby County v West Bromwich Albion the 2006/07 Championship play-off final.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 M'T **1983: When Aberdeen Ruled Europe**
1.00 AM **SPFL** Highlights.
1.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket England v India.** Coverage of day two of the fourth Test at Old Trafford in Manchester. The hosts are aiming for their fourth Test series victory in the last five, having previously beaten the likes of New Zealand, West Indies and Sri Lanka since July last year.
7.00 PM **Ashes Greats**
7.30 **Best of England v India**
8.00 **Test Cricket** England v India.
10.00 **Best of England v India**
11.00 **Test Cricket Bitesize**
11.15 **Best of ICC WT20**
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **Women's One-Day International Cricket**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **HotelPlanner Tour Golf**
7.00 **The Open** The fourth day.
8.00 **PGA Tour Golf** Event review.
9.00 **HotelPlanner Tour Golf**
9.30 LIVE **Ladies European Tour Golf** Coverage of day one of the ISPS HANDA Women's Scottish Open staged at Dundonald Links.
1.30 PM LIVE **European Seniors Tour Golf** The opening day of the Senior Open Championship.
7.00 LIVE **PGA Tour Golf** Coverage of day one of the 3M Open at TPC Twin Cities in Blaine, Minnesota.
12.00 M'T **European Seniors Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **Ladies European Tour Golf**
2.30 **European Seniors Golf**
3.30 **Golf Academy**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **European Seniors Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, including the ATP Croatia Open, ATP Generali Open Kitzbühel, WTA Prague Open, and the ATP & WTA Washington Open.
10.00 PM LIVE **WTA & ATP Tennis** Day four of the Washington Open.
3.00 AM **Billie Jean King: My Story**
3.15 **Martina Navratilova: Unstoppable** An interview.
3.30 **ATP Sizzle Reel 2024**
3.45 **WTA Sizzle Reel 2024**
4.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Test Cricket** England v India.
8.00 **Women's One-Day International Cricket**
9.00 **HotelPlanner Tour Golf**
9.30 **The Open Zone** Discussion.
10.00 **The Open** Day four of the Major.
11.00 LIVE **World Pool Championship** The first session on day four of the nineball event.
3.30 PM **PDC Classics** Archive action.
4.00 **Women's One-Day International Cricket**
5.00 **PDC Classics** From 1997.
5.30 LIVE **World Pool Championship** Coverage of the second session on day four.
10.00 **Test Cricket** England v India.
11.00 **Women's One-Day International Cricket**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League**
3.45 **EFL Greatest Games**
4.00 **PGA Tour Golf** Highlights.
5.00 **to 6.00** AM **European Seniors Golf**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Highlights.
11.00 **F1 Drivers Press Conference**
1.00 PM **Formula 1** Bahrain GP.
2.00 **F1 Drivers Press Conference**
2.40 **F1 Features**
3.00 **Formula 1** British Grand Prix.
4.00 **F1 Drivers Press Conference**
4.40 **Kimi & Ted Drive Bologna**
4.50 **Formula 1** Season highlights.
5.00 **F1 Classic Races**
5.45 **Carlos Sainz & the Lie Detector**
6.00 **F1 Drivers Press Conference**
6.40 **Formula 1** Season highlights.
8.00 **F1 Drivers Press Conference**
8.40 **Formula 1** Recent action.
10.00 **F1 Drivers Press Conference**
10.40 **Formula 1** Season highlights.
12.00 M'T **Drivers Press Conference**
12.40 AM **Formula 1** Recent action.
1.00 **to 6.00** AM **The Home of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **TNT Sports Reload**
7.30 **British Speedway**
8.30 **MotoGP Highlights**
9.30 **Premier League Stories**
10.00 **Cycling: Tour de France**
11.00 LIVE **Cycling: Tour de France** Coverage of stage 18, a 171.5km route from Vif to Courchevel. The penultimate mountain stage of the Tour is arguably the most daunting, with the riders having to confront 5,450m of total elevation encompassing three different summits, with the finish being a 1,734m ascent on Col de la Loze.
5.15 PM **The Gruppetto**
5.30 **Jens Voigt: Cycling Legacy**
6.00 LIVE **MLB Cleveland Guardians v Baltimore Orioles.** Coverage from Progressive Field. Start-time is at **6.10pm**.
9.15 **MLB: Off the Bat**
9.45 **MLB Plays of the Week**
10.15 **MotoGP Rewind**
10.30 **Fishing: On the Bank**
11.30 **Ultimate Pool** Pairs Cup.
1.00 AM **Tour de France Highlights**
2.00 **Discovery Golf**
2.30 **SailGP Highlights**
3.30 **to 6.00** AM **Classic Premier League**

TNT Sports 2

411 414 522 409 431

6.00 AM **T20 Cricket Highlights**
7.00 **HSBC SVNS Highlights**
10.00 **TNT Sports Reload**
10.15 LIVE **AFL Hawthorn v Carlton.** Coverage of the match from the 20th round of the season at Melbourne Cricket Ground. Hawthorn claimed victory in the reverse fixture at Marvel Stadium and the play-off contenders will expect another win on home territory. Bounce-up **10.30am**.
1.30 PM **Discovery Golf**
2.00 **T20 Cricket Highlights**
4.00 **Ultimate Pool** Action from Group 8 of the Pairs Cup.
5.30 **IFSC Climbing World Cup Highlights** Recent action.
6.30 **UEFA Champions League – Classics** Action from Manchester United v Galatasaray from the 1993/94 season.
7.00 **AFL** Another chance to see Hawthorn v Carlton.
8.30 **Premier League Stories** An interview with Bruno Guimaraes.
9.00 **Premier League Review**
12.00 M'T **MotoGP Highlights**
1.00 AM **AFL** Hawthorn v Carlton.
2.30 **In My Blood**
3.00 **to 6.00** AM **MLB**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
11.45 **The Rugby Championship**
1.45 PM **British and Irish Lions Tour**
6.00 **British and Irish Lions Tour**
7.00 **Lions Legends** A profile of Welsh number eight Mervyn Davies.
7.15 With former British & Irish Lions coach Ian McGeechan.
7.30 LIVE **World Matchplay Darts** Coverage of the first and second quarter-finals on day six of the tournament from Winter Gardens in Blackpool. With just eight players remaining matches now become the first to 16 legs, and those in action tonight will hope to follow in the footsteps of James Wade and Luke Humphries, who each recorded 16-10 victories over Ross Smith and Dimitri Van den Bergh at this stage last year.
11.00 **British and Irish Lions Tour** Action from New Zealand v British & Irish Lions from 2005.
12.00 M'T **Lions Legends**
1.45 AM **British and Irish Lions Tour**
2.45 **Lions Legends** Profiles.
3.00 **British and Irish Lions Tour**
4.45 **Lions Legends**
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Chesterfield v Walsall.
6.30 Highlights from Notts County v AFC Wimbledon.
7.00 **Good Morning Sports Fans**
10.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, including the ATP Croatia Open, ATP Generali Open Kitzbühel, WTA Prague Open, and the ATP & WTA Washington Open.
1.00 PM **Good Morning Football**
3.00 LIVE **WTA & ATP Tennis** Further coverage from the Tours, including the ATP Croatia Open.
7.30 LIVE **Super League Wakefield Trinity v Leeds Rhinos.** Coverage of the match from the 20th round of fixtures at DIY Kitchens Stadium. Kick-off is at **8.00pm**.
10.15 LIVE **WTA & ATP Tennis** Coverage of day four of the Washington Open from William H.G. FitzGerald Tennis Center. Previous winners of the women's singles title here include Coco Gauff, Sloane Stephens and Paula Badosa, while Jessica Pegula and Svetlana Kuznetsova have succeeded twice at this event.
3.00 **to 6.00** AM **Sky Sports News**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A chance to see Brentford v Arsenal.
7.30 A chance to see Tottenham Hotspur v Newcastle United.
9.00 Another chance to see Nottingham Forest v Liverpool.
10.30 Another chance to see Brentford v Manchester City.
12.00 NOON **Premier League** Action from Chelsea v Bournemouth.
1.30 PM Another chance to see West Ham United v Fulham.
3.00 Another chance to see Arsenal v Tottenham Hotspur.
4.30 Everton v Aston Villa.
6.00 Newcastle United v Wolverhampton Wanderers.
7.30 **MotoGP Rewind**
7.45 **The Gruppetto** Cycling action.
8.00 **Tour de France Highlights**
9.00 **Discovery Golf**
9.30 **Test Cricket Highlights**
1.30 AM **Test Cricket Highlights**
3.30 **T20 Cricket Highlights**
5.30 **to 6.00** AM **Discovery Golf**

TNT Sports 4

414 416 524 411 434

6.00 AM **Discovery Golf**
6.30 **SailGP Highlights**
7.30 **Fishing: On the Bank**
8.30 **Ultimate Pool** Pairs Cup.
10.00 **Superbike World Championship Highlights**
1.00 PM **MLB Highlights**
2.00 **MotoGP Highlights**
3.00 **Superbike World Championship Highlights**
7.00 LIVE **Summer World University Games** Coverage of the men's volleyball gold medal game at the event staged in Rhine-Ruhr, Germany. Italy won the gold and Poland took silver when these Games were last held back in 2021 in Chengdu.
9.30 **UFC** Max Holloway v Dustin Poirier: A chance to see the lightweight bout for the BMF title.
12.30 AM **UFC Reloaded**
4.45 **Fight Week** UFC 318 review.
5.15 **Tom Aspinall's Fight Lab**
5.30 **to 6.00** AM **TNT Sports Reload**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **Euro Le Mans Highlights**
8.00 **LaLiga Specials**
9.00 **NASCAR Highlights**
10.00 **Motorsport** Valentino Rossi.
10.30 **Transvulcania** Recent action.
11.00 **LaLiga Specials**
12.00 NOON **Euro Le Mans Highlights**
1.00 PM **Transworld Sport** Magazine.
2.00 **NASCAR Highlights**
3.00 **Motorsport** Le Mans Classic.
3.30 **LaLiga Specials**
4.00 **UK Independent Kart Racing**
5.30 **LaLiga Specials**
6.00 **FIM Sidecarcross**
7.00 **Ultimate Karting Championship**
10.00 **NASCAR Highlights**
11.00 **Euro Le Mans Highlights**
12.00 M'T **Motorsport** Le Mans Classic.
12.30 AM **LaLiga Highlights**
1.30 **PSA Squash Highlights**
2.30 **World Surf League**
3.30 **Transworld Sport** Magazine.
4.30 **LaLiga Specials**
5.00 **to 6.00** AM **DTM Highlights**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** Bulls v Sharks in the second semi-final.
8.00 Leinster v Glasgow Warriors in the first semi-final.
10.00 **Temples of Sport** Iconic sporting venues from around the globe.
11.00 **Major League Cricket** MI New York v Los Angeles Knight Riders.
3.30 PM A chance to see Seattle Orcas v Texas Super Kings.
8.00 **CONCACAF Gold Cup** Panama v Honduras in the first quarter-final.
10.15 **LaLiga Specials** Goalkeepers from the 2024/25 season.
10.30 **CONCACAF Gold Cup** A chance to see Mexico v Saudi Arabia in the second quarter-final.
12.30 AM **Football's Greatest** The finest players discuss their careers.
1.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
3.00 **NHL: This is Hockey**
3.30 **LaLiga Specials**
3.45 **to 6.00** AM **German Cup**

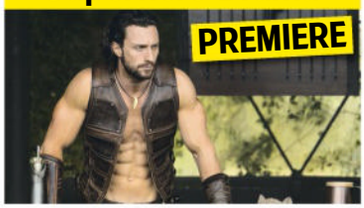
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

25 July

Evening Planner

Superhero Drama



Kraven the Hunter

Sky Premiere, 10.50am & 8pm

Aaron Taylor-Johnson stars as Marvel antihero Kraven, who uses the senses and strength of animals to hunt bad'uns.

Comedy

Here We Go

BBC1, 9pm & 9.30pm (box set, iPlayer)

More chaos is on the cards for the Jessop family, as the sitcom returns for a third series. Katherine Parkinson stars.

OnDemand

prime

The Assassin

Available today

Keeley Hawes stars as a former assassin whose estranged son finds about her dark past. With Freddie Highmore.

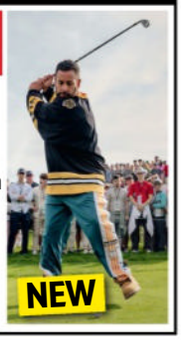
OnDemand

NETFLIX

Happy Gilmore 2

Available today

Almost 30 years on from the original, Adam Sandler's Happy is in need of funds, so makes a golfing comeback.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.10 Film: Ant-Man and the Wasp				9.00 Here We Go		10.00 News; Local News	10.40 St Denis...
	102 BBC2	7.00 Today at the Test		8.00 Gardeners' World		9.00 Sacred Rivers with Simon Reeve		10.00 Rev	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Under the Bridge			
	104 CHANNEL 4	7.00 News		8.00 F1: Belgian Grand Prix Sprint...		9.00 8 Out of 10 Cats Does Countdown		10.00 First Dates	
	105 5	7.00 Inside Britain's Poshest Bakery		8.00 Dogs Behaving (Very) Badly: What...		9.00 The Secret Life of Trees		10.00 Lip-Reading the Royals: The Secret...	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad		9.00 And Just Like That...	9.45 Mr Bigstuff		
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 Top Gear		9.00 Film: The Edge of Seventeen			
	116 BBC4	7.00 TOTP: 1998		8.00 Vivaldi and Bach at the Proms			9.40 TOTP: 1987	10.10 TOTP: 1981	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Family Guy	
	136 MORE4	‹ 6.55 The Dog House New Zealand	7.55 The Dog House			9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Celebrity Gogglebox for Stand Up to...		10.00 Film: Salt	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.40 Six Feet Under	7.50 House of the Dragon			9.00 The Pacific		10.05 The Wire	
	110 U&GOLD	‹ 6.40 Are...	7.20 Dad's Army	8.00 Still Open All Hours	8.40 The Vicar of Dibley			10.00 The Royle Family	10.40 Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.05 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 The 1% Club		9.00 Film: Beverly Hills Cop II			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Walking Dead		10.00 The Leftovers	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Rob Beckett's Smart TV	9.45 Mr Bigstuff		
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise				10.00 The Boy That Never Was	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Clint Eastwood: A Life in Film	
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Ambulance: Coast and...		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy & Juan				9.00 Expedition Bigfoot		10.00 Blowing Up History	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Dodo Heroes		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Airport Security: Rome		10.00 Inside Airport Lost & Found	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 D-Day: 100 Days to Beat the Third...		9.00 Thomas Jefferson		10.00 FDR	
	155 U&YESTERDAY	7.00 Simon Reeve's Return to Cornwall		8.00 Warbird Workshop		9.00 'Allo 'Allo!			
	121 SKY DOCS	7.00 Death of a Showjumper		8.00 The Russell Murders: Who Killed Lin...		9.00 Hill			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Sharp Corner		8.00 Kraven the Hunter				10.10 William Tell	
	302 2025 RECAP	‹ 6.00 The Bikeriders		8.00 Furiosa: A Mad Max Saga				10.30 Cleaner	
	303 ANTI HEROES	‹ 5.50 Kraven the Hunter		8.00 The Equalizer				10.15 The Equalizer 2	
	304 GREATS	‹ 5.50 In the Line of Fire		8.00 Patriot Games				10.00 The Truman Show	
	305 ANIMATION	‹ 5.40 Piece...	7.20 The Pirates! In an Adventure with Scientists			8.55 Trolls Band Together			10.40 Nut Job
	306 SCHOOLS OUT	‹ 5.50 The Karate Kid		8.00 The Karate Kid Part II				10.00 The Karate Kid: Part III	
	307 ACTION	‹ 6.15 Swordfish		8.00 Bad Boys for Life				10.10 300	
	308 COMEDY	‹ 6.20 Mean Girls		8.00 Mean Girls				10.05 Napoleon Dynamite	
	309 THRILLER	‹ 5.50 Nightcrawler		8.00 Ocean's Thirteen				10.15 True Romance	
	310 DRAMA	‹ 6.05 Footloose		8.00 Lost in Translation			9.55 The Color Purple		
	311 SCI-FI	‹ 6.10 Ouija: Origin of Evil		8.00 Ready Player One				10.25 Johnny Mnemonic	
	313 FILM4	‹ 6.50 Sister Act 2: Back in the Habit				9.00 The Equalizer			
SPORT	401 MAIN EVENT	7.00 Transfer Show	7.30 World Matchplay Darts – Live: Coverage of the third and fourth quarter-finals in Blackpool						
	402 PREMIER LEAGUE	7.00 SNF		8.00 Gary Neville's Soccerbox		9.00 Man City...	9.30 Newcastle...	10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL				9.00 EFL Greatest Games		10.00 EFL Cup Retro	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of England...	8.00 Test Cricket				10.00 Women's International One-Day...	
	410 TNT SPORTS 1	7.00 MLB: Off the Bat	7.30 MLB Plays of...	8.00 MLB Highlights		9.00 MLB – Live: Milwaukee Brewers v Miami Marlins (Start-time 9.10)			
	411 TNT SPORTS 2	7.00 AFL						10.15 Packer: The Man Who...	

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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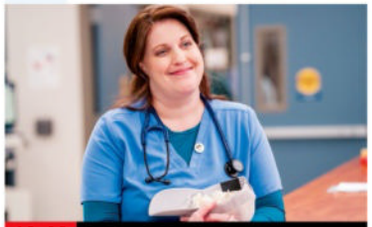
BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain** (S)(R)
10.15 **Fraud Squad** Series finale A business owner dodges around £2.5million in tax. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition In Wetherby, West Yorkshire. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **Garden Rescue** New edition The team create a gothic-inspired garden in Southampton. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)


10.40 St Denis Medical

7 PM
7.00 Attenborough and the Empire of the Ants The story of how ants survive a harsh environment in the Swiss Alps. (S)(R)(AD)
7.10 FILM Ant-Man and the Wasp Adventure sequel starring Paul Rudd. Dr Hank Pym and daughter Hope van Dyne present Scott Lang with a new mission that finds Ant-Man and the Wasp trying to uncover secrets from the past. (S)(AD) (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8 PM
9.00 NEW SERIES Here We Go 1/7. Return of the comedy series starring Jim Howick. *See feature, page 12.* (S)(AD)
9.30 New episode 2/7. Rachel is a bit too keen to befriend the new neighbours. (S3) (S)(AD)
■ Entire series on BBC iPlayer

9 PM
10.00 BBC News (S)
10.30 Local News (S)
10.40 St Denis Medical New episode 13/18. An internet star does a concert for the inpatient children. (S1) (S)
■ Entire series on BBC iPlayer

10 PM
11.00 St Denis Medical New episode 14/18. Ron objects to a patient diagnosing himself based on things he has read online. (S1) (S)
11.25 FILM Blade Runner 2049 Sci-fi thriller sequel with Ryan Gosling. An android-hunter finds a secret and goes in search of the missing detective connected to the case. (S) (2017, 15, 150min) ★★★★★
1.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
2.00 to 6.00 AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **The Life of Mammals** (S)(R)(AD)
5.15 **Flog It!** A collection of finds from various locations. (S)(R)
6.00 **Richard Osman's House of Games** With guests Hannah Cockroft, Neil Morrissey, Penny Smith and Rhys Stephenson. (S)(R)
6.30 **Robson Green's Weekend Escapes** With former *Britain's Got Talent* winner Lee Ridley. (S)(R)(AD)

8.00 Gardeners' World

7.00 Today at the Test England v India: Day three of the fourth Test at Old Trafford. The visitors are looking to end a run of back-to-back series defeats after losing to New Zealand and Australia in the last 12 months. (S)

8.00 Gardeners' World New edition Monty Don checks how the garden is coping with the dry summer, and Arit Anderson meets a gardener whose plot is full of wildflowers, romance and butterflies. (S)

9.00 Sacred Rivers with Simon Reeve The adventurer visits some of the world's most famous waterways and investigates how they have shaped the lives of the people living along them, beginning with the Nile. (S)(R)

10.00 Rev 4/6. Adam sets out to launch a media career after hearing an old rival on the radio, but his efforts backfire. (S1) (S)(R)(AD)
10.30 Newsnight (S)

11.00 FILM The Omen Horror thriller starring Gregory Peck and Lee Remick. The American ambassador in London realises that his son is the Antichrist. With David Warner. (S) (1976, 15, 110min) ★★★★★
12.50 AM **Sign Zone: Panorama – Fighting Cyber Criminals** Current affairs report covering a story behind the headlines. (S)(R)
1.20 Sign Zone: Hunting Mr Nice – The Cannabis Kingpin (S)(R)(AD)
3.20 to 6.00 AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Fern Britton: Inside the Vet's** New edition 3/6. Cameras focus on a cat whose weight loss is concerning his owner, and Fern also meets a Pomeranian who is booked in for a spay. (S)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Under the Bridge

7.30 Emmerdale Moira is left with a hard decision, Pollard disapproves and Robert goes to the police. (S)(AD)

8.00 Coronation Street Kevin and Carl uncover each other's dark secrets, Todd faces the repercussions of his actions, Lily refuses to apologise to Sam, and Bernie suggests bringing forward her wedding to help Aadi. (S)(AD)

9.00 NEW SERIES Under the Bridge *Looking Glass:* 1/8. Drama starring Riley Keough. A novelist is drawn into a world of the suspects after a 14-year-old goes missing on a quiet island in British Columbia. (S)(AD)

10.00 Under the Bridge New episode *The John Gotti of Seven Oaks:* 2/8. Cam is thrown by a discovery, and the police rush to unravel what happened under the bridge. *Previously on Apple TV+.* (S)(AD)
10.45 ITV News (S)

11.20 Local News (S)
11.35 Jonathan Ross Special Guests: Oasis Jonathan takes a look back at the best bits from his interviews with brothers Liam and Noel Gallagher. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Breaking the Silence: Kate's Story** (S)(SL)(R)(AD)
4.15 Unwind with ITV (S)
5.05 to 6.00 AM **Tour de France Highlights** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** (S3&4) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 1-4/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A home in southern Valencia, Spain. (S)(R)
4.00 **The Great House Giveaway** Two strangers pair up to renovate a property in Llandudno. (S)(R)
5.00 **Chateau DIY** At Château Larribau, Paul and Julia enjoy their first week as chateau owners. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** An update on a couple who bought land in 2017 to build their dream home in Alicante. (S)(R)

10.00 First Dates

7.00 News (S)

8.00 Formula 1: Belgian Grand Prix Sprint Qualifying Lee McKenzie presents action in the battle for grid positions for the sprint race in the 13th round of the season staged at Circuit de Spa-Francorchamps. (S)

9.00 NEW SERIES 8 Out of 10 Cats Does Countdown Jimmy Carr hosts as Richard Ayoade and Harriet Dyer take on Bob Mortimer and Tom Allen in the long-running-words and numbers quiz. Ian Smith is in Dictionary Corner. (S)

10.00 First Dates New edition Kathleen, a 64-year-old singer with a *Top of the Pops* past, meets Sue, a campervan-loving former handywoman who's embracing her new life after coming out. (S)(AD)

11.05 Ramsay's Kitchen Nightmares USA New edition Gordon visits The Verdict in New Orleans. (S)
12.00 M'T **FILM Teenage Mutant Ninja Turtles** Fantasy with Megan Fox. (S)(AD) (2014, 12, 105min) ★★
1.45 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.35 Come Dine with Me (S)(R)
4.45 Find It, Fix It, Flog It (S)(R)
5.05 to 6.00 AM **George Clarke's Amazing Spaces** (S)(SL)(R)(AD)

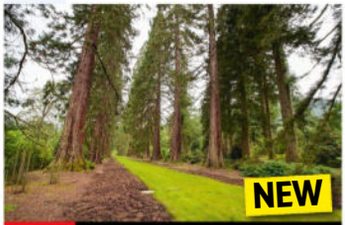
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 FILM **Caught in the Act: A Teagarden Mystery** Crime drama starring Candace Cameron Bure and Niall Matter. (S) (2018, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** An engaged couple research their retirement dream in Benidorm. (S)(R)(AD)
5.00 **News** (S)
6.00 **22 Kids & Counting: Noel's Long-Lost Mum** Sue Radford hires a specialist to help Noel find his birth mother. (S)(R)
6.55 **News** (S)



9.00 The Secret Life of Trees

7.00 NEW **Inside Britain's Poshest Bakery** One-off documentary taking a look at the impact GAIL's bakery chain has had on the UK's shopping habits. (S)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly: What Happened Next?** New edition In north London, Graeme Hall meets a pair of Labradors whose non-stop shenanigans are spinning out of control. (S)

9.00 NEW SERIES **The Secret Life of Trees** 1/3. Documentary in which cameras follow the lives of trees, with this first edition revealing how they magically transform from minute seeds into mature adults. (S)

10.00 **Lip-Reading the Royals: The Secret Conversations** Experts analyse what members of the Royal Family could be saying when they think nobody is listening, including exchanges made at weddings and funerals. (S)(R)

11.30 **When Cruises Go Horribly Wrong & Other Travel Nightmares** Travel disasters from recent history. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **The World's Most Expensive Hotels** The Peninsula. (S)(R)
4.35 **Me & My 10 Kids** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 8/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Way We Was:* Marge tells the story of how she met Homer. (S)(R) **5.30** *This Little Wiggy:* Bart is forced to befriend Ralph. (S)(R) **6.00** *Homer v Lisa and the Eighth Commandment:* Lisa is shocked by Homer's ploy to get illegal cable TV. (S)(R) **6.30** *Bart's Dog Gets an F:* Bart attempts to train Santa's Little Helper. (S)(R)

9.00 And Just Like That...

7.00 **The Office (US)** *Pool Party:* 12/24. The staff attend one last party at Robert's house. (S)(R) **7.30** *Jury Duty:* 13/24. The office realises that Jim faked jury duty to spend time with Pam and the baby. (S8) (S)(R)

8.00 **An Idiot Abroad** Karl Pilkington arrives in India, where he attends a festival in which people throw coloured dye at one another, cleanses his soul in the River Ganges and visits the Taj Mahal. (S)(R)

9.00 **And Just Like That...** New episode 9/12. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker. (S3)

9.45 **Mr Bigstuff** 1/6. Brothers Lee and Glen unite on a mission to track their dad down. (S)(R)(AD) **10.15** 2/6. Glen and Lee try to get information from their dad's old flame. (S2) (S)(R)

10.45 **Ricky Gervais: Fame** The comedian's stand-up show, which sees him tackle the world of fame and blur what is acceptable and what is outrageous. (S)(R)

12.15 AM **Sex and the City** 13/20. Samantha gets a surprise. (S)(R) **12.55** 14/20. Miranda and Steve get married. (S6) (S)(R)
1.35 **Road Wars** Double bill. (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 8/22. (S5) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Rough Girls (S)(R) **12.10am** St Denis Medical New episodes (S)(AD) **12.55** Have I Got News for You (S)(R) **1.25-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00pm Back in the Day New edition (S) **7.30** NEW Royal Welsh Show: Wales Today Special (S) **8.00** Wales' Home of the Year (S)(R) **8.30-9.00pm** Our Lives: Row Hard or Row Home – Around Ireland in 32 Days (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno o'r Sioe **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.40** Odo **4.50** Crawc a'i Ffrindiau **5.00** Stwnsh **6.00** Ralio: Pencampwriaeth Rali'r Byd **6.30** Garddio a Mwy **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Ras Yr Wyddfa **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Tafwyl **10.30-11.35pm** Gogglebocs Cymru

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** A look at the wildlife inhabiting Europe.
7.55 **The Catch Up**
8.00 **Top Gear** Three front-engined supercars are taken on a road trip in America.
9.00 FILM **The Edge of Seventeen** Comedy drama starring Hailee Steinfeld. High-school life becomes even more unbearable for Nadine when her best friend, Krista, starts dating her older brother. (2016, 15, 104min) ★★★★
10.40 **Dinosaur** 1/6. Nina's life is turned upside down when her sister and best friend rush into an engagement. **11.05** 2/6. Evie's family attempt to impress Ranesh's pretentious father. (S1)
11.35 **Paddy & Molly: Show No Mersey** Double bill.
12.35 AM **Top Gear** As 8.00pm.
1.35 **Dinosaur** 1&2/6. (S1)
2.30 **Brickies** Documentary.
3.00 **to 4.00** AM **Paddy & Molly: Show No Mersey**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Featuring music by Shola Ama, All Saints and Stereophonics. **7.30** Music by Cleopatra and Ocean Colour Scene.
8.00 **Vivaldi and Bach at the Proms** New edition A concert of Baroque's work, featuring violinist Théotime Langlois de Swarte making his Proms debut.
9.40 **TOTP: 1987** Performances by Boy George, Atlantic Starr and Judy Boucher.
10.10 **TOTP: 1981** With Tight Fit, the Vapors, Sheena Easton, Visage and the Specials.
10.45 **Cat Stevens: In Concert** The singer-songwriter in a concert from 1971.
11.15 **Rosanne Cash, Nanci Griffith and Mary Chapin Carpenter – Bottom Line Special** A 1992 concert.
12.00 M'T **Gordon Lightfoot: In Concert** From 1972.
1.05 AM **Jackson Browne: Old Grey Whistle Test 1976**
1.55 **TOTP: 1998** Double bill.
2.55 **to 3.30** AM **TOTP: 1981**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary challenge from Liverpool.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help a couple in Cowbridge, Wales.
6.55 **The Dog House New Zealand** New edition A carer for elderly people hopes to find a canine companion who'll enjoy the social side of her work, and a Labradoodle called Boston may be up for the job.
7.55 **The Dog House** Albie the Jack Russell puppy has a second chance of a home with 10-year-old George – provided he can win over George's mum and dad.
9.00 **The Sommerdahl Murders** New episodes 5&6/8. A nun lies dead in the garden of a closed order convent, while the prioress tells Dan and his new partner Benjamin that the dead woman was found by a novice who has since disappeared. Subtitled. (S3)
11.00 **24 Hours in A&E** A 14-year-old boy is rushed in after falling from a swing.
12.00 M'T **999: On the Front Line**
1.05 AM **24 Hours in A&E**
3.10 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** *The Monkey Suit:* Bart is kidnapped. **6.30** *Homer and Marge Turn a Couple Play:*
7.00 **The Simpsons** *CE D'oh:* Homer becomes the owner of the power plant. **7.30** *The Burns and the Bees:* Mr Burns wins a professional basketball team.
8.00 **Below Deck** New edition Chef Anthony buckles under the pressure of preparing an a la carte dinner menu.
9.00 **Celebrity Gogglebox for Stand Up to Cancer** Celebrities join the regulars to react to the week's shows.
10.00 FILM **Salt** Action thriller starring Angelina Jolie. (2010, 12, 99min) ★★★
12.00 M'T **The Big Bang Theory**
1.00 AM **The Simpsons**
1.30 **Brooklyn Nine-Nine**
2.25 **The Goldbergs**
3.20 **Below Deck**
4.10 **Kitchen Nightmares USA**
5.05 **Modern Family**
5.30 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

- 6.00 AM **Stop, Search, Seize**
- 7.00 **Border Security: Canada's Front Line** Double bill.
- 8.00 **Border Patrol**
- 9.00 **Sun, Sea and A&E**
- 10.00 **Stop, Search, Seize**
- 11.00 **The Good Doctor** 4/10. (S7)
- 12.00 NOON **FBI** 4/22. (S4)
- 1.00 PM **FBI: International** (S1)
- 2.00 **FBI: Most Wanted** 4/22. A young Chinese-American woman is kidnapped. (S3)
- 3.00 **Caught Red Handed**
- 4.30 **Nothing to Declare**

10.00 Chicago PD

7 PM

7.00 Nothing to Declare Double bill following the lives of customs and immigration officers at Australia's airports.

8 PM

8.00 Chicago Med New episode *Take a Look in the Mirror:* 13/22. Ripley's destructive behaviour keeps escalating. (S10)

9 PM

9.00 Chicago Fire New episode *Born of Fire:* 13/22. Kidd asks Severide to create a ropes course for Girls on Fire. (S13)

10 PM

10.00 Chicago PD New episode *Street Jesus:* 13/22. A mounting street war threatens a community centre project. (S12)

- 11.00 **FBI: International** 8/13. Forrester goes undercover. (S3)
- 12.00 M'T **FBI: International** (S3)
- 1.00 AM **Fire Country** 8/10. (S2)
- 2.00 **The Good Doctor** (S7)
- 4.00 **The Real A&E**
- 5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

- 6.00 AM **Urban Secrets**
- 8.00 **True Blood** 5&6/12. (S1)
- 10.00 **Six Feet Under** (S1&2)
- 12.20 PM **House of the Dragon**
- 1.30 **Gangs of Milan: Blocco 181**
- 3.30 **True Blood** 5/12. Sookie decides to stop seeing Bill. **4.30** 6/12. Sookie struggles after a tragedy. (S1)
- 5.30 **Six Feet Under** 13/13. Brenda visits Billy in the institution before arguing with Nate. (S1) **6.40** 1/13. Nate's MRI tests reveal he has a condition that could prove fatal. (S2)

9.00 The Pacific

7.50 House of the Dragon *Second of His Name:* 3/10. The realm celebrates Aegon's second nameday and Rhaenyra faces the prospect of marriage. (S1)

9.00 The Pacific *Guadalcanal/ Leckie:* 1/10. World War Two drama starring Jon Seda, Joseph Mazzello and James Badge Dale. (S1)

10.05 The Wire *Late Editions:* 9/10. Freamon tracks Chris to a drug resupply and a reporter writes a profile of Bubbles. (S5)

- 11.20 **Homicide: Life on the Street** 16/22. Falsone is contacted by a woman who wants him to look at a case from 1972. (S7)
- 12.20 AM **Catherine the Great**
- 1.30 **Gomorrah** 5&6/12. (S2)
- 3.40 **House of the Dragon**
- 4.55 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

- 6.00 AM **Hawaii Five-0** (S9)
- 8.00 **Magnum P.I.** 3/20. (S5)
- 9.00 **Stargate Atlantis** (S2)
- 11.00 **SEAL Team** 22/22. (S1)
- 12.00 NOON **Magnum P.I.** (S5)
- 1.00 PM **Hawaii Five-0** (S9)
- 3.00 **NCIS: Los Angeles** (S13)
- 4.00 **S.W.A.T.** 8/22. A woman is violently abducted. (S5)
- 5.00 **SEAL Team** 21/22. The crash survivors race to shelter in a farmhouse. (S1)
- 6.00 **Stargate Atlantis** 7/20. Beckett tries to return all Wraiths to human form. (S2)

5.00 SEAL Team

7.00 Stargate Atlantis *Conversion:* 8/20. Tests on Sheppard reveal that he is slowly transforming into a Wraith. (S2)

8.00 An Idiot Abroad 2/8. Karl Pilkington arrives in India, where he attends a spring festival and pays a visit to the Taj Mahal.

9.00 Rob Beckett's Smart TV With Tom Allen, Kola Bokinni, Alex Jones, and Steve Pemberton.

9.45 Mr Bigstuff 1/6. Return of the comedy with Danny Dyer and Ryan Sampson. **10.15** 2/6. Kirsty's new job has a rough start. (S2)

10.45 S.W.A.T. *Vanished:* 1/22. The team tackle a mission with personal ties for Hondo. (S8)

- 11.45 **Strike Back: Vendetta** 4/10. Section 20 try to rescue their comrade Novin. (S8)
- 12.45 AM **Road Wars** Double bill.
- 2.55 **NCIS: Los Angeles** (S13)
- 3.55 **S.W.A.T.** 8/22. (S5)
- 4.55 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

- 6.00 AM **CITV**
- 7.45 **Dinner Date**
- 8.35 **Georgia and Tommy**
- 9.30 **The Only Way Is Essex**
- 10.15 **Real Housewives of Miami**
- 11.10 **Real Housewives of Salt Lake City** Reality series.
- 12.05 PM **Dinner Date**
- 1.05 **Georgia and Tommy**
- 2.05 **The Only Way Is Essex**
- 3.05 **Million Dollar Listing: LA**
- 4.00 **Real Housewives of Miami** New edition Reality series.
- 5.00 **Real Housewives of Salt...**
- 6.00 **Celebrity Catchphrase**

10.05 Family Guy

7.00 Deal or No Deal Stephen Mulhern hosts as Sophena takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA The LA luxury housing market is hit with a perfect storm of multiple factors.

9.00 Love Island New edition Reality show in which singletons seeking romance compete in the hope of finding love.

10.05 Family Guy 4/18. Brian has cosmetic surgery. **10.35** 1/18. Part one of two. The Griffins are stuck in Springfield. (S13)

- 11.05 **Family Guy** 2/18. Part two of two. The family remain stuck in Springfield. (S13)
- 11.35 **American Dad!** (S12&11)
- 12.35 AM **Bob's Burgers** (S14)
- 1.05 **Transaction** 5/6. (S1)
- 1.35 **Plebs** 7&8/8. (S2)
- 2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

- 6.00 AM **Classic Emmerdale**
- 7.00 **Classic Coronation Street**
- 8.10 **Midsomer Murders**
- 10.30 **The Royal** *Any Old Iron.*
- 11.35 **Heartbeat** Double bill.
- 1.40 PM **Classic Emmerdale**
- 2.40 **Classic Coronation Street**
- 3.45 **Midsomer Murders** *A Tale of Two Hamlets:* An actor's death exposes a centuries-old feud.
- 5.50 **Heartbeat** *Sophie's Choice:* A woman with Alzheimer's disease inadvertently commits a series of crimes, while Gina is suspicious of two customers.

10.05 Foyle's War

6.55 Heartbeat *Gone Tomorrow:* Greengrass thinks his luck has changed for the better when he wins first prize in a raffle.

8.00 Midsomer Murders *The Creeper:* A burglar dubbed 'the Creeper' targets the villages of Midsomer as Barnaby and Jones investigate the murder of a dinner party guest. Guest stars Rik Mayall and Jenny Agutter.

10.05 Foyle's War *Bad Blood:* A biological warfare experiment goes wrong, killing a local woman and giving Sam an illness.

- 12.00 M'T **Broadchurch** 1/8. Joe shocks everyone by pleading not guilty to the murder of 11-year-old Danny Latimer. **1.00** AM 2/8. The townspeople struggle to come to terms with the recent events. (S2)
- 2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **Food Fest Scotland** Edith Bowman and Colin Murray head for a food adventure at the Stranraer Oyster Festival.
- 8.00 **Inside Central Station** Station staff benefit from a visit from a therapet to boost mental health.
- 9.00 **Sir Alex** 2/2. How Alex Ferguson reinvented himself and his team en route to establishing a footballing dynasty at Manchester United.
- 10.00 **Still Game** 7/9. Jack and Victor celebrate 60 years of friendship. (S2)
- 10.30 **The Chief** 2/4. Miekelson signs up for a personal revamp. (S1)
- 11.00 PM **to 12.00** M'T **NEW TRNSMT** A selection of highlights of all three days of the festival from Glasgow Green.

Sky Comedy

114/115 112/113 112 347 362

- 8.00 AM **Run** 2&3/7. (S1)
- 9.00 **The Conners** (S5)
- 10.00 **Vice Principals** (S1)
- 11.20 **Flight of the Conchords** (S2)
- 12.35 PM **Silicon Valley** (S4)
- 1.55 **Vice Principals** (S1)
- 3.15 **High Maintenance** (S2)
- 4.25 **Flight of the Conchords** (S2)
- 5.45 **The Conners** (S5)
- 6.45 **The Office (US)** (S8)
- 7.45 **Silicon Valley** 3/8. Things take an unexpected turn. **8.25** 4/8. Gavin Belson gets his team ready for their big launch. (S5)
- 9.00 **And Just Like That...** New episode 9/12. *Sex and the City* revival starring Sarah Jessica Parker. (S3)
- 10.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
- 11.00 **Ricky Gervais: Fame**
- 12.30 AM **Sex and the City**
- 1.45 **Entourage** (S1)
- 2.45 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

- 6.00 AM **LSO: Pappano Conducts Ravel, Say & Rachmaninoff**
- 7.40 **The Joy of Painting**
- 8.50 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **The Directors**
- 12.00 NOON **Discovering**
- 1.00 PM **Tales of the...**
- 2.00 **Musical Masterpieces**
- 3.00 **Classic Movies: The Story of Scott of the Antarctic**
- 4.00 **The Directors**
- 5.00 **Discovering**
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **Guy Garvey: From the Vaults** Clips from 1989.
- 9.00 **NEW Opry Live**
- 10.00 **Clint Eastwood: A Life in Film**
- 11.50 **Steve Martin and the Steep Canyon Rangers**
- 2.05 AM **The Ventures: Stars on Guitars**
- 4.00 **Dickens in Italy**
- 5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

- 7.00 AM **Motorway Patrol**
- 8.00 **Border Security: America's Front Line**
- 9.00 **Nothing to Declare**
- 11.00 **Highway Patrol**
- 12.00 NOON **Border Security: America's Front Line**
- 1.00 PM **Border Patrol**
- 2.00 **Nothing to Declare**
- 4.00 **Star Trek: Enterprise**
- 5.00 **Stargate SG-1** (S6)
- 6.00 **Stargate Universe** (S2)
- 7.00 **Star Trek: The Next Generation** 19/26. (S1)
- 8.00 **Star Trek: Deep Space Nine** 3/26. (S3)
- 9.00 **Forensics: Catching the Killer** Police hunt the murderer of a mother. **10.00** The murder of a grandmother in Bury.
- 11.00 **Grimm** 1/22. (S5)
- 12.00 M'T **Nothing to Declare**
- 2.00 AM **Brit Cops: Law & Disorder** Documentary.
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

- 9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
- 10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
- 1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
- 2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
- 3.00 **Tenable** Double bill of the game show.
- 5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
- 6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
- 8.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the Banker for to win life-changing money.
- 9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
- 12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
- 12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

- 8.00 AM **Father Dowling Mysteries** 3/13. (S2)
- 9.00 **Diagnosis Murder**
- 10.00 **Little House on the Prairie** 17&18/25. (S1)
- 12.00 NOON **Highway to Heaven** 10/25. (S1)
- 1.00 PM **Father Dowling Mysteries** 8/13. (S2)
- 2.00 **Diagnosis Murder**
- 5.00 **Murder, She Wrote**
- 8.00 **M*A*S*H** (S7&8)
- 9.00 **FILM Star Trek III – The Search for Spock** Sci-fi adventure sequel starring William Shatner. The crew set out to free the trapped soul of their dead comrade Spock. (1984, PG, 105min) ★★
- 11.15 **The Avengers** (S6)
- 12.15 AM **M*A*S*H** (S7&8)
- 1.25 **Airline USA**
- 1.55 **Hart to Hart** 3/22. (S4)
- 3.00 **Crazy Like a Fox** (S1)
- 4.00 **Highway to Heaven**
- 4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **The Professionals**
7.55 **Kojak**
10.00 **Magnum, PI**
11.00 **Tour de France Highlights**
12.00 NOON **British Touring Cars**
12.15 PM **LIVE Tour de France** Coverage of stage 19, which consists of a 129.9km route from Albertville to La Plagne.
5.00 **Great Racehorses** Some of the great modern racehorses.
5.20 **River Monsters**
5.55 **The Professionals**

8.00 The 1% Club

7.00 **Tour de France Highlights** Action from stage 19, which consisted of a 129.9km route from Albertville to La Plagne.

8.00 **The 1% Club** Quiz game show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **FILM Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Judge Reinhold. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.10 AM **Dark Side of the Ring** 1/2. The story of Brian Pillman.
2.05 **BattleBots**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 17/26. (S7)
2.00 **Atlantis** 10/13. (S2)
3.00 **Stargate Atlantis** (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 17/26. (S7)
6.00 **Star Trek: Enterprise** 4/22. Part one of three. Genetically enhanced superhumans hijack a Klingon ship. (S4)

11.00 True Blood

7.00 **Atlantis** *The Dying of the Light:* 10/13. Jason's discovery has blackened his heart, leaving him vulnerable. (S2)

8.00 **Stargate Atlantis** *Grace Under Pressure:* 14/20. McKay gets trapped underwater in a sinking Puddle Jumper. (S2)

9.00 **The Walking Dead** *Morning Star:* 11/22. The Whisperers are coming, so the communities must decide what to do. (S10)

10.00 **The Leftovers** *Gladys:* 5/10. A member of the Guilty Remnant becomes the victim of a vicious hate crime. (S1)

11.00 **True Blood** 9/12. Eric plots a way to escape from the grasp of the Authority. and Alcide visits his father. **12.00** M'T 10/12. Vampire-on-human attacks cause trouble for the Authority. (S5)
1.00 AM **Wynonna Earp** (S3&4)
3.00 **Room 104** 7&8/12. (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **The Mentalist** 4/23. (S1)
11.00 **Hudson & Rex** 10/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 4/23. (S1)
5.00 **Hudson & Rex** 10/16. (S4)
6.00 **Father Brown** *The Island of Dreams:* A visit to Chummy's holiday camp leads to another murder mystery for the sleuthing cleric.

10.00 The Boy That Never Was

7.00 **Miss Scarlet and the Duke** 4/6. Eliza investigates a case of blackmail and finds herself with a rival. (S2)

8.00 **Death in Paradise** *The Man with the Golden Gun:* 7/8. The owner of a private island is shot dead at a family gathering. (S3)

9.00 **Death in Paradise** *Meditated in Murder:* 6/8. Jack investigates when the leader of a spiritual retreat is strangled. (S7)

10.00 **The Boy That Never Was** 1/4. After losing their son in an earthquake, a couple spot a boy who looks just like him. (S1)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 AM **Elementary** 9/13. A sculptor is found murdered in New York City. (S7)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **I Didn't Know You Cared**
8.00 **Last of the Summer Wine**
9.20 **Keeping Up Appearances**
10.00 **Are You Being Served?**
10.40 **Still Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army** Double bill.
2.40 **Still Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Vicar of Dibley**
6.00 **Keeping Up Appearances**
6.40 **Are You Being Served?**

6.00 Keeping Up Appearances

7.20 **Dad's Army** Mainwaring is accused of leaving a light on in the church hall during a blackout.

8.00 **Still Open All Hours** Granville discovers a gap in the shop's security.
8.40 **The Vicar of Dibley** Geraldine hits stardom after an appearance on Terry Wogan's radio show. **9.20** Alice shocks Geraldine with a pre-wedding revelation.

10.00 **The Royle Family** Denise and Dave reveal that they are expecting a baby.
10.40 **The Fast Show** Channel 9 offer a version of fairy tale *The Singing Tree.*
11.20 **Not Going Out**
12.00 M'T **Mrs Brown's Boys**
12.40 AM **The Vicar of Dibley**
1.20 **The Royle Family**
2.00 **The Fast Show** As 10.40pm.
2.45 **Not Going Out**
3.20 **to 4.00** AM **Mrs Brown's Boys**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Special Ops: To Catch a Criminal** Double bill.
10.00 **Trawlermen: Hunting the Catch** Documentary.
11.00 **Rick Stein's India**
12.00 NOON **Storage Hunters UK**
2.00 PM **Trawlermen: Hunting the Catch** Storm Arwen hits.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The love for apples and pears.
6.00 **Rick Stein's India** The chef has an audience with the Dalai Lama at Himachal Pradesh.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With Chris Hoy, Ronni Ancona, Danny Wallace and Gabby Logan.
7.40 **Richard Osman's House of Games** With Chizzy Akudolu and Miles Jupp. **8.20** With Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh.

9.00 **QI XL** Host Stephen Fry is joined by guests Robert Webb, Phill Jupitus, Ronni Ancona and regular panellist Alan Davies.

10.00 **Have I Got a Bit More News for You** Guest host Rhod Gilbert is joined by Armando Iannucci and Lucy Prebble.
11.00 **Taskmaster** Rhod Gilbert endangers Alex's life, and Jessica Knappett's sunny outlook on life is tested.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Sun, Sea and Selling Houses**
10.00 **Help! We Bought a Village** Documentary.
11.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It** In Harrogate.
8.00 **Supercruising: Life at Sea** Dancer Summer adjusts to performing on a rocky stage.
9.00 **24 Hours in A&E**
10.00 **Gogglebox**
11.05 **Celebrity Gogglebox**
12.05 AM **First Dates**
1.05 **8 Out of 10 Cats Does Countdown**
2.10 **Crime Scene Cleaners**
3.10 **In the Footsteps of Killers** The 1991 murder of Janine Downes.
4.05 **to 5.00** AM **Super Surgeons: A Chance at Life**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 7-9/24. (S4)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *In the Dark:* 22/24. A blind man unwittingly photographs evidence of a murder. **7.00** *Trojan Horse:* 23/24. A man arrives dead in a taxi at the team's headquarters. **8.00** *Angel of Death:* 24/24. Tony and Jeanne are held hostage. (S4)
9.00 **Person of Interest** *The High Road:* 6/22. Reese follows a former safe-cracker who is wanted for robbery. **10.00** *Critical:* 7/22. A surgeon is blackmailed into making a fatal error during an operation. (S2)
11.00 **Law & Order: Special Victims Unit** (S15)
12.55 AM **The Resident** (S2)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Fifty Shades Freed** Thriller sequel starring Dakota Johnson. Christian Grey and Anastasia find their happiness put in danger by her old boss. (2018, 18, 105min) ★
11.05 **Adults Only: Hurts So Good**
12.05 AM **Adults Only: Porn Star Parents**
1.05 **Casualty 24/7: Every Second Counts**
2.05 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
10.05 **Traffic Cops**
11.05 **Police Interceptors**
1.05 PM **The Motorway**
2.05 **FILM The Hired Hand** Western drama starring Peter Fonda. A cowboy returns to the wife he deserted seven years earlier and goes to work for her as a hired hand. (1971, 12, 93min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Suspect No 1** Detectives investigate a series of burglaries targeting the elderly.
10.00 **The Motorway** Documentary following emergency patrol teams.
11.00 **Quantum Leap** (S2)
1.00 AM **Motorway Cops: Catching America's Speeders** Documentary.
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Medical series.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS**
7.00 **Inside the Ambulance** Gaz and Mike rush a baby to hospital with suspected meningitis.
8.00 **Inside the Ambulance: Coast and Country** Paramedics help a family involved in a car crash.
9.00 **999 Rescue Squad** A woman plunges 10ft through the floorboards of her Sheffield home. **10.00** A car towing a caravan rolls over and hits a lamp post.
11.00 **Ghosts** Triple bill.
12.55 AM **My Kitchen Rules: Australia** Culinary series.
2.00 **to 2.45** AM **Stacey Dooley Investigates**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.20 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** (S2)
9.00 **NEW SERIES Whitstable Pearl** *Girl, Whistable Beach:* 1/6. After seven years, a missing young mother is spotted on Whitstable beach. (S3)
10.00 **New Tricks**
11.20 **Spooks** 7/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Whitstable Pearl**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In Broadstairs.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** Charlie Ross and Izzie Balmer head towards auction in Sidmouth. **8.00** Izzie Balmer and Charlie Ross scour the Isle of Wight for antiques.
9.00 **Saving Lives at Sea** In Calshot, the RNLI crew are called out to a man. **10.00** A Christmas Eve case in Newhaven and the attempted rescue of two paragliders.
11.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Stephen Mulhern and Kirsty Gallacher compete.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Who Wants to Be a Millionaire?** Quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **FILM Lone Rider** Western. (2008, PG, 80min) ★★
9.50 **War Machines**
11.00 **The High Chaparral**
12.00 NOON **Bonanza**
1.00 PM **FILM Gunfight at the OK Corral** Classic Western. (1956, PG, 122min) ★★★★
3.35 **FILM Ambush at Tomahawk Gap** Western. (1953, PG, 73min) ★★★
5.20 **Wanted: Dead or Alive**
6.00 **Bonanza** 1/34. (S2)
7.00 **The High Chaparral**
8.00 **FILM Sabata** Spaghetti Western with Lee Van Cleef and Linda Veras. (1969, 12, 107min) ★★
10.20 **FILM Killing Salazar** Action adventure. (2016, 15, 95min) ★★
12.35 AM **FILM Collision Course** Action thriller. (2012, PG, 90min) ★★
2.35 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

6.00 AM **FILM Baby Obsession** (2018) ★★
8.00 **Paddington Station 24/7** Documentary.
9.00 **Saving Lives at Sea**
10.00 **FILM Killer Dearest** Thriller. (2018, 12) ★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Another Mother** (2020, PG) ★★
3.00 **FILM Campus Caller** Thriller. (2016, 12) ★★
5.00 **FILM A Date to Die For** Thriller. (2015, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Driven** Thriller. (2018, 15, 113min) ★★★
11.20 **FILM Aurora Teagarden Mysteries: Reunited and It Feels So Deadly** Drama. (2020, PG) ★★
1.25 AM **FILM A Focus to Kill** Thriller. (2018, 12) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM The Other Mother** Drama. (1995, PG, 90min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Date with Love** Romantic comedy. (2016, U, 95min) ★★
10.05 **FILM The 27-Hour Day** Drama. (2021, PG) ★★
12.00 NOON **FILM Zoe's Having a Baby** Drama. (2023, U, 90min) ★★
2.00 PM **FILM 40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
4.00 **FILM Autumn Dreams** Comedy. (2015, PG) ★★
6.05 **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
8.00 **FILM Wedding Season** Romantic comedy. (2023, U, 84min) ★★
9.55 **FILM True Love Blooms** Drama with Sara Rue. (2019, PG, 82min) ★★
11.50 **FILM Our Take on Love** Drama. (2022, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM 40 Below and Falling at Christmas** As 2.00pm.
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Carry On Laughing** 4/6. (S1)
12.30 PM **You're Only...**
1.00 **Born Free** 11/13. (S1)
2.00 **FILM The Over the Hill Gang Rides Again** Western. (1970, U) ★★
3.30 **That's My Dog**
4.00 **Blue Thunder** 3/11. (S1)
5.00 **Lucky Feller** 2/13. (S1)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves** (S1)
8.30 **Lucky Feller** 2/13. (S1)
9.00 **Bramwell** 1/8. (S2)
10.00 **Soap** 14/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Yuma** Western. (1971, PG, 73min) ★★
1.30 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Wild Bill learns a dark secret about his son Zack. **8.00** Following life on a ship in the Alaskan crab-fishing fleet.
9.00 **Chasing Classic Cars** Wayne buys the ultimate dream car – an all-original 1955 Mercedes 300 SL 'Gullwing'. **10.00** Wayne is in Virginia to help sell an AC Ace Bristol roadster.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Maneet's Eats**
6.30 **Nadiya's Fast Flavours**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **Maneet's Eats**
1.30 **Nadiya's Fast Flavours**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Mary Berry: Cook & Share** Double bill.
10.00 **City Bakes**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 14/25. (S7)
9.00 **The Fall Guy** 11/23. (S2)
10.00 **Knight Rider** 2/22. (S4)
11.00 **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
1.00 PM **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
3.00 **FILM Warlords of Atlantis** Adventure starring Doug McClure. (1978, PG, 96min) ★★
5.00 **Star Trek** 3/24. (S3)
6.00 **Knight Rider** 3/22. (S4)
7.00 **The Fall Guy** 12/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Primal** Thriller. (2019, 15, 97min) ★★★
10.55 **FILM Young Guns** Western. (1988, 18, 107min) ★★★
1.00 AM **FILM A Certain Justice** Adventure. (2014, 15, 96min) ★★
2.55 **to 4.50** AM **FILM Never Let Go** Action thriller. (2015, 15, 90min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Shark Season** As shown at 5.00pm.
8.00 **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
1.00 PM **FILM Asteroid v Earth** Disaster movie. (2014, 15, 91min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 4/23. (S4)
5.00 **FILM Shark Season** Thriller starring Michael Madsen. (2020, PG) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 5/23. (S4)
9.00 **FILM The Wild Geese** Action adventure. (1978, 15, 134min) ★★★
11.35 **FILM Man Down** Drama starring Shia LaBeouf. (2015, 15, 90min) ★★
1.25 **to 3.00** AM **FILM Black Rock** Horror thriller. (2012, 15, 78min) ★★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There: Bermuda Triangle Edition**
10.00 **Weird Britain**
11.00 **The UnXplained**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Scotland's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Australia.
12.00 NOON **Holidaying with Jane McDonald**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **Walking Victorian Britain** In Edinburgh.
6.00 **The Good Ship Murder Christmas Special**
7.00 **Cruising with Susan Calman** The Netherlands.
8.00 **Ben Fogle: New Lives in the Wild** In Italy.
9.00 **Dalgliesh** 5&6/6. (S3)
11.00 **The Good Ship Murder Christmas Special**
12.00 M'T **Cruising with Jane McDonald** In Australia.
1.00 AM **The Hotel Inspector**
3.00 **Cruising with Susan Calman** The Netherlands.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Cornwall.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Lottery Dream Home International** Looking for a dream home in Newcastle. **9.30** From Plymouth.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town** New edition A woman leaves New Orleans for a serene spot with space to entertain.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish: Abe**
3.00 **Little People, Big World**
5.00 **My 600lb Life** Following the fortunes of overweight musician and singer Brandon.
6.00 **Dr Pimple Popper** Alyse has been suffering from a burning rash.
7.00 **The Bad Skin Clinic** Twenty-year-old Mariah visits Dr Emma about her severe acne.
8.00 **My 600lb Life**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 7&8/8. (S7)
10.00 **Last Man Standing** (S5)
11.00 **Everybody Loves Raymond** 11-14/26. (S3)
1.00 PM **Friends** (S3)
7.30 **Friends** 14/25. Guest stars Sherilyn Fenn. **8.00** 15/25. Rachel and Ross take a break. **8.30** 16/25. Ross tries to keep his infidelity a secret from Rachel. (S3)
9.00 **Michael McIntyre's Big Show** With Olly Murs.
10.00 **Whose Line Is It Anyway? USA**
11.00 **South Park** (S27&1)
12.00 M'T **Police Squad!**
1.00 AM **South Park**
2.30 **Beavis and Butt-Head**
2.45 **Key & Peele**
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 9&10/13. (S1)
11.00 **Friends** 2-5/24. (S7)
1.00 PM **Impractical Jokers**
2.00 **Daria** 11&12/13. (S1)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 11-14/26. (S3)
9.00 **Friends** 17/24. Rachel feels smothered. (S2) **9.30** 14/25. Chandler dates a woman with a prosthetic leg. (S3)
10.00 **Friends** Sitcom.
2.00 AM **Michael McIntyre: Hello Wembley!**
3.00 **Al Murray Live – Barrel of Fun** Stand-up show.
3.45 **Kiri Pritchard-McLean: Comedy Central Live**
4.10 **Nigel Ng: The Haiyaa Special** Stand-up show.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 11&12/12. (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Footage of highway dangers.
10.00 **Stella** 9&10/11. (S5)
12.00 M'T **The Russell Howard Hour** Topical comedy show.
1.00 AM **A League of Their Own** Featuring Jimmy Carr and Maisie Adam.
2.00 **Road Wars**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Shaggy: I Want My MTV** New edition
7.40 **Will Smith: I Want My MTV** New edition
8.10 **Catfish UK**
9.10 **MTV Family Legacy** New editions The sons of Rob Thomas and Jam Master Jay reminisce. **9.45** A unique insight and a fresh take on MTV's most celebrated events and iconic artists.
10.00 **MTV Unplugged**
11.30 **Sum 41: I Want My MTV**
12.00 M'T **MTV Unplugged**
1.10 AM **Ink Master**
2.50 **Love At First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water**
5.00 **Building Off the Grid** A bamboo-home architect builds a getaway which features a outdoor bath area.
6.00 **Border Control: Spain** Double bill of the docmentary following the work of the Security and Customs Services at the borders of Spain.

9.00 Expedition Bigfoot

7.00 **Gold Rush: Mine Rescue with Freddy & Juan** A dry claim sitting in the epicentre of a famous BC gold rush tests Freddy and Juan's limits with an overcomplicated wash plant called 'The Octopus.'

9.00 **Expedition Bigfoot** New edition Months after the Northern California expedition, the team head to Washington.

10.00 **Blowing Up History** The lost city of Olous, a great metropolis submerged in the Mediterranean Sea.
11.00 **Border Control: Europe** A couple are smuggling drugs. **11.30** In Algeciras, Spain, an eel hatchery is dismantled.
12.00 M'T **Moonshiners**
1.00 AM **Expedition Bigfoot**
2.00 **Blowing Up History**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die** Documentary.
10.00 **Tanked** An angular aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson meets a family's unruly cat.
4.00 **My Tiny Terror** LA dogs undergo behavioural therapy.
5.00 **Lone Star Law** Provaznik educates some fishermen.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff operates on a rottweiler who has a broken shoulder.

5.00 Lone Star Law

7.00 **Animal Cribs** Gentle Barn is home to 200 rescued animals including pigs, horses, a llama and even an emu.

8.00 **Dodo Heroes** Following the work of Animal Defenders International, who work to ban animal circuses across the world.

9.00 **Alaska: The Last Frontier** Otto, Charlotte, Eivin and Eve butcher a cow to stock up on meat for winter.

10.00 **Alaskan Bush People** The Browns struggle to finish their homes as the ground begins to freeze.

11.00 **Pit Bulls & Parolees** Lizzy and Marcel search for a lost puppy.
12.00 M'T **Crikey! It's the Irwins** Moving day arrives for Acco, the zoo's biggest crocodile.
1.00 AM **Dodo Heroes** As 8.00pm.
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Extreme China**
10.00 **Air Crash Investigation**
12.00 NOON **Plane Crash Recreated**
2.00 PM **Nazi Child Soldiers**
3.00 **Secret Nazi Science**
4.00 **World's Greatest Train Journeys from Above** This edition follows the Darjeeling Himalayan Railway.
5.00 **Car S.O.S** Tim and Fuzz take on a 1980 Jaguar XJ-S V12.
6.00 **World War II: Secrets from Above** The story behind the Dambusters mission of 1943.

10.00 Inside Airport Lost & Found

7.00 **Air Crash Investigation** Experts try to determine what went wrong when a Concorde exploded into flames in July 2000.

8.00 **Air Crash Investigation** The accident involving Arrow Air Flight 1285, which killed 248 American soldiers in December 1985.

9.00 **Airport Security: Rome** Police seize bundles of drug money, stop a woman with a package strapped to her body.

10.00 **Inside Airport Lost & Found** Workers try to find the owner of a bag that contains much-needed medication and $3,000.

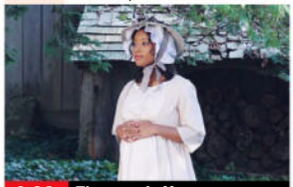
11.00 **Air Crash Investigation**
12.00 M'T **Trafficked**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Abandoned** A lace factory.
2.55 **Made in a Day**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Evidence of the Unexplained** UFO sightings.
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Jungle**
5.00 **What on Earth?**
6.00 **American Pickers** Mike and Robbie assess barns full of top-notch vehicles.



9.00 Thomas Jefferson

7.00 **Forged in Fire** The reigning champion has defeated six opponents, but must now face a returning challenger.

8.00 **D-Day: 100 Days to Beat the Third Reich** Part one of two. The 100 days it took for the Allies to liberate Normandy.

9.00 **Thomas Jefferson** New edition A look at Thomas Jefferson's time as the American ambassador to France.

10.00 **FDR** Portrait of Franklin Delano Roosevelt, revealing how his fight with polio prepared him for leading the US.

12.00 M'T **Encounter: UFO** The areas around the world that seem to keep attracting UFOs.
12.55 AM **The Proof Is Out There** Tony Harris and his team look at whether ISS images signify an imminent alien invasion.
1.50 **Thomas Jefferson**
2.50 **Forged in Fire**
3.40 **Pawn Stars** A football helmet.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** A look at how the US Navy turned to animals for inspiration.
6.00 **Antiques Roadshow** Fiona Bruce and the team return to Manchester Town Hall.

5.00 World War Weird

7.00 **Simon Reeve's Return to Cornwall** The explorer goes to the county as the energy and cost-of-living crisis began to take its toll.

8.00 **Warbird Workshop** Veteran engineer Gerry Cooper rebuilds two pre-war biplanes with glorious histories.

9.00 **'Allo 'Allo!** General von Flockenstuffen decides to launch a raid to capture Churchill. **9.40** Rene determines to flee to England with Yvette instead of the two airmen. **10.20** Rene and Edith are rewarded with medals by Churchill in England.

11.00 **Bangers & Cash** In the 100th edition, Derek heads to Northumberland to collect a rare 1975 NSU RO 80.
12.00 M'T **Abandoned Engineering** A marooned ironclad structure off the coast of England.
1.00 AM **Secret Nazi Bases**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Johnny Vegas' Little Shop of Antiques** Dealer Kris drags Johnny to one of the UK's biggest antique fairs.
9.00 **The Repair Shop** The team restore a pocket camera, a toy piglet and an ornament. **10.00** Will Kirk takes on the responsibility of restoring a model ship.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Gary Nelson.
12.00 NOON **Deadly Affairs**
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **American Detective**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition
10.00 **Mean Girl Murders**
11.00 **Murder on CCTV**
12.00 M'T **Shamima Begum: A Faking It Special**
1.00 AM **Jussie Smollett: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A woman, her daughter and her friend go missing while on holiday.
8.00 **Millionaire Murders** William Saunderson-Smith is found bludgeoned to death.
9.00 **Shocking Crimes: Murder Book** Two men who disappeared while on a hunting trip in 1985.
10.00 **It Takes a Killer** When a husband and his wife are shot, police believe it's a random attack. **10.30** The case of three family members who were killed at home.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** Police suspect a heart surgeon committed suicide, until they uncover his wife's love of money. **4.30** Police are baffled when an innocent man's DNA is found at the scene of a home invasion. **5.00** CCTV footage of a murder proves too fuzzy to be of any use. **5.30** After a woman goes missing, her husband is the prime suspect. **6.00** The investigation of a hit and run leads to a video reconstruction. **6.30** Investigators think a trail will lead them to a missing woman.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **What the Killer Did Next** Sabina Nessa.
10.00 **The Priest and the Paedophile Hunter**
12.10 AM **The Real Manhunter**
1.10 **Murder Uncut**
2.05 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Egypt's Lost Queens**
9.30 **Franco: The Last...**
10.40 **The Truth About Franco: Spain's Forgotten Dictatorship**
11.55 **Battle on the Frontline: Maginot vs Siegfried**
1.00 PM **Egypt's Lost Queens**
2.15 **Franco: The Last Inquisitor** Documentary.
3.30 **The Truth About...**
4.40 **Battle on the Frontline: Maginot vs Siegfried**
5.55 **Egypt's Lost Queens**
7.15 **Franco: The Last Inquisitor** Series finale
8.30 **The Truth About Franco: Spain's Forgotten Dictatorship**
9.35 **Battle on the Frontline: Maginot vs Siegfried**
10.50 **The Truth About Franco: Spain's Forgotten Dictatorship**
12.00 M'T **Battle on the Frontline: Maginot vs Siegfried** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Superpowered: The DC Story** Documentary.
7.00 **Discovering: Richard Gere**
8.00 **The Directors**
8.55 **The Vow** Dani details decades of grooming and abuse.
10.00 **Albert Brooks: Defending My Life** A profile of the actor.
11.50 **My Icon: Leon Pryce**
12.00 NOON **I Am Bruce Lee**
2.00 PM **Ali & Cavett: The Tale of the Tapes** A look back at Muhammad Ali's appearances on *The Dick Cavett Show*.
4.00 **Discovering: Richard Gere**
5.00 **The Vow** Keith's abuses of Dani's sister are detailed.
6.50 **My Icon: Shaun Gayle**
7.00 **Death of a Showjumper**
8.00 **The Russell Murders: Who Killed Lin and Megan?**
9.00 **Hill** A profile of Damon Hill.
10.50 **The Two Escobars**
1.00 AM NEW **I Am Raquel Welch** Celebrating the life of the actor.
2.50 **My Icon: Heather Watson**
3.00 **Lennox: The Untold Story**
5.00 **to 6.00** AM **Discovering: Richard Gere**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Guardians of the Wild**
11.00 **Wildlife ER**
12.00 NOON **My Best Friend's an Animal** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Guardians of the Wild**
5.00 **Wildest New Zealand**
6.00 **My Best Friend's an Animal**
7.00 **Monkey Life** Double bill.
8.00 **Patrick Aryee's Wild World** The decline in insect numbers.
9.00 **13 Hours to Survive**
10.00 **My Best Friend's an Animal** Meeting Penny the pigeon and the human who saved her.
11.00 **Wildest New Zealand**
12.00 M'T **Wildlife ER**
1.00 AM **Planet Weird**
2.00 **Patrick Aryee's Wild World**
3.00 **13 Hours to Survive**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Britain's Secret Islands**
9.00 **Custer: The Final Mystery**
10.00 **Blown Away** Double bill.
11.00 **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Ancient Superstructures**
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **Cursed Treasures**
6.00 **Combat Trains**
7.00 **What on Earth?** A shipwreck in the middle of the desert.
8.00 **Ghost Ships** Salvage diver Tony Sampson and his team dive in search of SS *Clare Lilley*.
9.00 **Hitler's Handmaidens** The women who trained Hitler in the methods of high society.
10.00 **WWII Lost Films** Robert Sherrod accompanies Marines on their assault of Iwo Jima.
11.00 **Secret Wars Uncovered**
12.00 M'T **Ancient Aliens**
2.00 AM **Guns That Changed the Game** The use of cannons.
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Dead West**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** Molly McLaren.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain with Dermot Murnaghan** Pawel Relowicz.
3.00 **Murdertown** True-crime.
4.00 **Cops Who Kill with Will Mellor**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files: Dead West**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **Fugitives Caught on Tape** New editions Double bill.
10.00 **Undercover: Caught on Tape**
11.00 **Fugitive Hunters: Mexico**
12.00 M'T **Murder By Medic**
1.00 AM **Fugitives Caught on Tape**
2.00 **Court Cam** Double bill.
3.00 **Criminal Confessions**
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Investigation Shark Attack**
3.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The staff await the zoo's first giraffe birth in more than 20 years.
8.00 **Africa's Hunters** A lion pride face an uncertain future.
9.00 **The Croc that Ate Jaws** Analysing what would happen if a crocodile fought a shark.
10.00 **Alaska: The Next Generation** The next generation of Alaskans face a brutal winter.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **America's Most Secret: Structures** Documentary.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **America's Most Secret: Structures** A revealing glimpse behind the scenes of America's most classified sites and their activities.
9.00 **Secret Space Escapes** A first-hand account of the first Korean astronaut's bumpy ride during re-entry.
10.00 **How Do They Do It?**
11.00 **Savage Builds**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.45 **Secret Army** Double bill.
1.10 PM **Pickwick Papers**
2.30 **The Dick Emery Show**
4.10 **Secret Army** Double bill.
6.35 **Pickwick Papers** 5/12. Mr Pickwick and Sam Weller pursue Jingle to Bury, determined to track him down. **7.15** 6/12. Having escaped from his embarrassing imprisonment, Pickwick sets off to London to visit Dodson and Fogg. (S1)
7.55 **The Dick Emery Show** Triple bill of comic sketches from the bizarre cast of characters.
9.40 **Secret Army** *Day of Wrath:* 13/13. De Beers' plans endanger the lives of volunteers, jeopardising Lifeline. (S2)
10.55 **Louis Theroux: Law & Disorder in Philadelphia** The award-winning journalist joins police patrols on the beat.
12.15 AM **Pickwick Papers**
1.35 **The Dick Emery Show**
3.20 **Secret Army** Double bill.
5.10 **to 6.00** AM **Pickwick Papers**

+1 hour 266 376

ID

154 141 166

8.00 AM **Til Death Do Us Part**
9.00 **Disappeared** Double bill.
11.00 **Murder Comes to Town**
1.00 PM **The Night That Didn't End**
3.00 **Swamp Murders**
5.00 **Someone You Thought You Knew** Double bill of editions.
7.00 **Murder in the Heartland** A case involving the discovery of a young woman's body. **8.00** When law enforcement finds James Nibbe dead after a home invasion, they must dig beneath the surface of Lake Crystal to root out the killer.
9.00 **Murder Under the Friday Night Lights** When a high school football coach in St. Louis is shot, police race to identify a mystery woman.
10.00 **Death by Fame**
11.00 **Fallen Idols: Nick & Aaron Carter** Double bill of editions.
1.00 AM **Obsession: Dark Desires**
2.00 **Someone You Thought You Knew** Double bill.
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Muscle cars.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** An antique tanker.
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** A client brings in his '73 Chevy Vega.
9.00 **Richard Hammond's Workshop**
10.00 **Texas Metal** A Ford Coupe.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** American muscle cars.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Running on Empty** Comedy starring Keir Gilchrist. (2024, 15, 91min) ★★★
7.35 **Buffalo Kids** As 4.05am.
9.15 **Sacramento** Comedy. (2024, 15, 89min) ★★★
10.50 PREMIERE **Kraven the Hunter** As shown at 8.00pm.
1.05 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
3.45 **William Tell** As 12.05am.
6.00 **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★

8.00 Kraven the Hunter

8.00 PREMIERE Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 William Tell Historical drama starring Claes Bang. William Tell defends his family and his homeland of Switzerland after the Austrian King invades. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
2.20 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
4.05 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
5.45 **to 7.25** AM **Empire Waist** Comedy starring Mia Kaplan. (2024, 12, 94min) ★★★

Sky Cinema Anti Heroes

303 303 403 503 517

6.05 AM **The Equalizer** As 8.00pm.
8.20 **The Equalizer 2** As 10.15pm.
10.25 **The Fast and the Furious** Thriller. (2001, 15) ★★★
12.15 PM **2 Fast 2 Furious** Thriller sequel. (2003, 12) ★★★
2.05 **The Fast and the Furious: Tokyo Drift** Thriller sequel. (2006, 12, 104min) ★★
3.55 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★
5.50 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★

3.55 Fast & Furious

8.00 The Equalizer Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 The Equalizer 2 Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall tries to avenge her death. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
2.15 **Monkey Man** Action thriller. (2024, 18, 121min) ★★★★
4.25 **to 6.05** AM **Rashomon** Japanese drama with Toshiro Mifune. Subtitled. (1950, b/w, 12, 88min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **The Color Purple** (2023)
10.00 **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
12.05 PM **The Illusionist** Mystery. (2006, PG, 110min) ★★★★
2.05 **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
3.50 **Darkest Hour** Period drama starring Kristin Scott Thomas. (2017, PG, 122min) ★★★
6.05 **Footloose** Teen musical starring Kevin Bacon and Lori Singer. (1984, 12, 107min) ★★★
8.00 **Lost in Translation** Bittersweet romantic comedy starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
9.55 **The Color Purple** Musical with Taraji P Henson, Fantasia Barrino and Colman Domingo. (2023, 12, 141min) ★★★
12.30 AM **Lady Bird** Comedy drama starring Saoirse Ronan. (2017, 15, 94min) ★★★★★
2.20 **Lost in Translation** As 8.00pm.
4.15 **to 6.20** AM **The Young Messiah** Biblical drama starring Adam Greaves-Neal and Sean Bean. (2016, 12, 111min) ★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.50 AM **Cuckoo** As 1.55am.
8.35 **Ex Machina** As 3.45am.
10.30 **Star Trek Into Darkness** Sci-fi adventure sequel starring Chris Pine. (2013, 12, 132min) ★★★★
12.45 PM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
2.25 **Salem's Lot** Horror chiller. (2024, 15, 109min) ★★★
4.30 **Ouija** Horror chiller with Olivia Cooke. (2014, 15, 87min) ★★
6.10 **Ouija: Origin of Evil** Horror prequel starring Elizabeth Reaser. (2016, 15, 99min) ★★★
8.00 **Ready Player One** Steven Spielberg's fantasy starring Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
10.25 **Johnny Mnemonic** Futuristic thriller starring Keanu Reeves as a 21st-century courier with a micro-chip in his brain who undertakes one final, dangerous mission. With Dolph Lundgren. (1995, 15, 98min) ★★
12.10 AM **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
1.55 **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
3.45 **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
5.40 **to 8.00** AM **Star Trek Into Darkness** As 10.30am.

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Schools Out

306 306 406 506 519

6.55 AM **Robin and the Hoods**
8.40 **The Secret Garden** (2020)
10.35 **The NeverEnding Story**
12.20 PM **Bookworm** As 3.30am.
2.10 **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
4.00 **The Secret Garden** Family drama starring Colin Firth. (2020, PG, 99min) ★★★★
5.50 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★

5.50 The Karate Kid

8.00 **The Karate Kid Part II** Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. The Karate Kid and his mentor travel to Japan to settle a 50-year-old duel of honour. With Tamlyn Tomita. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Karate Kid: Part III** Martial arts sequel starring Ralph Macchio as a young karate champion. With Noriyuki 'Pat' Morita. (1989, PG, 111 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Robin and the Hoods** Comedy starring Naomie Harris and Darcey Ewart. (2024, PG, 101 min) ★★
1.45 AM **The NeverEnding Story** Fantasy starring Barret Oliver. (1984, U, 94min) ★★★
3.30 **Bookworm** Adventure. (2024, 12, 103min) ★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.15 AM **Hancock** As 12.15am.
9.00 **King of Killers** As 5.45am.
10.35 **Ghost Rider: Spirit of Vengeance** (2012, 12) ★★
12.15 PM **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
2.15 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12) ★★★
4.15 **Terminator Salvation** Thriller sequel. (2009, 12) ★★★
6.15 **Swordfish** Action thriller. (2001, 15, 99min) ★★★

10.10 300

8.00 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **300** Adventure starring Gerard Butler and Lena Headey. Spartans face overwhelming odds when they make a stand against the Persian enemy. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Hancock** Action comedy. (2008, 12, 92min) ★★★
2.05 **Zu: Warriors from the Magic Mountain** Chinese fantasy with Adam Cheng. Subtitled. (1982, PG, 95min) ★★★★
3.50 **The Warriors** (1979, 15) ★★★
5.30 **The Cinema List: Jurassic**
5.45 **to 7.25** AM **King of Killers** Thriller. (2023, 15, 92min) ★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **The Estate** As 12.50pm.
7.40 **Napoleon Dynamite** (2004)
9.25 **Jules** As shown at 11.50pm.
11.05 **The Accidental Husband**
12.50 PM **The Estate** Comedy. (2022, 15, 96min) ★★
2.35 **Coming 2 America** Comedy. (2021, 12, 108min) ★★★
4.35 **Bad Teacher** Comedy starring Cameron Diaz and Lucy Punch. (2011, 15, 92min) ★★★
6.20 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★

6.20 Mean Girls

8.00 **Mean Girls** Musical adaptation of the cult classic starring Angourie Rice. A teenage girl is a hit with a school clique when she makes the mistake of falling for a boy. With Reneé Rapp. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Napoleon Dynamite** Teen comedy starring Jon Heder as a nerdy teenager growing up in a small Idaho town. With Efren Ramirez and Tina Majorino. (2004, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Jules** Comedy starring Ben Kingsley and Harriet Harris. (2023, 12, 87min) ★★★
1.30 AM **The Accidental Husband** Comedy with Uma Thurman. (2008, 12, 86min) ★
3.05 **Bad Teacher** As 4.35pm.
4.50 **to 6.45** AM **Coming 2 America** As 2.35pm.

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **The Independent** (2022)
9.30 **The Accountant** Thriller. (2016, 15, 123min) ★★★
11.45 **Out of the Blue** As 12.25am.
1.45 PM **Ocean's Twelve** Thriller sequel with George Clooney. (2004, 12, 125min) ★★★★
3.55 **The Independent** Drama starring Jodie Turner-Smith. (2022, 12, 108min) ★★★
5.50 **Nightcrawler** Crime thriller starring Jake Gyllenhaal. (2014, 15, 115min) ★★★★

10.15 True Romance

8.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon, Al Pacino and Ellen Barkin. A thief and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **True Romance** Crime thriller scripted by Quentin Tarantino, starring Christian Slater and Patricia Arquette. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Out of the Blue** Romantic thriller starring Diane Kruger. (2022, 15, 104min) ★★
2.20 **The Royal Hotel** Thriller starring Jessica Henwick. (2023, 18, 91 min) ★★★
4.05 **Melancholia** Crime drama. (1989, 15, 85min) ★★★
5.40 **to 7.30** AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101 min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Young Winston** Biopic with Simon Ward and Robert Shaw. (1971, PG, 157min) ★★★
1.50 PM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
4.15 **Annie** Musical starring Albert Finney and Carol Burnett. (1982, U, 128min) ★★★
6.50 **Sister Act 2: Back in the Habit** Comedy sequel. (1993, PG, 107min) ★★

11.40 My Friend Dahmer

8.00 **Sister Act 2: Back in the Habit** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer** Action thriller starring Denzel Washington and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after helping an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **My Friend Dahmer** Drama charting the early years of Ohio serial killer Jeffrey Dahmer, starring Ross Lynch, Anne Heche and Alex Wolff. (2017, 15, 107min) ★★★★
1.50 **to 4.00** AM **Your Name** Japanese animated fantasy featuring the voice of Ryūnosuke Kamiki. Subtitled. (2016, 12, 106min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Rebellious** Animated fantasy. (2024, PG, 94min) ★★★
7.40 **Harold and the Purple Crayon** Adventure starring Zachary Levi. (2024, PG, 87min) ★★★
9.15 **The Garfield Movie** Animation. (2023, U, 101 min) ★★★
11.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.40 PM **Transformers One** Animation. (2024, PG) ★★★★
2.25 **Slingshot** Sci-fi action thriller. (2024, 15, 108min) ★★★
4.15 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
6.00 **The Bikeriders** Drama starring Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★
8.00 **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy and Chris Hemsworth. (2023, 15, 148min) ★★★★
10.30 **Cleaner** Action thriller starring Daisy Ridley and Clive Owen. (2025, 15, 97min) ★★★
12.15 AM **Smile 2** Horror sequel with Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★
2.35 **Slingshot** As shown at 2.25pm.
4.30 **to 6.45** AM **Twilight of the Warriors: Walled In** Chinese crime action thriller. Subtitled. (2024, 15, 126min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.55 AM **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
8.55 **Superman IV – The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★
10.35 **The Godfather Part III** Francis Ford Coppola's gangster drama. (1990, 15, 162min) ★★★★
1.25 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
3.40 **Vertigo** Alfred Hitchcock's thriller starring James Stewart. (1958, PG, 128min) ★★★★★
5.50 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
8.00 **Patriot Games** Thriller starring Harrison Ford and Anne Archer. (1992, 15, 116min) ★★★
10.00 **The Truman Show** Comedy starring Jim Carrey as the star of a soap opera who is unaware that every moment of his life is being broadcast to the world. (1997, PG, 99min) ★★★★
12.00 M'T **'About Last Night...'** Comedy starring Rob Lowe. (1986, 18, 113min) ★
2.10 AM **The Great Gatsby** Romantic drama with Robert Redford. (1974, 12, 146min) ★★★
4.40 **to 7.15** AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Trolls Band Together**
8.00 **Antz** Animated comedy. (1998, PG, 83min) ★★★
9.35 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
11.05 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
12.45 PM **Barnyard** Animated comedy with the voice of Kevin James. (2006, PG, 90min) ★
2.25 **The Nut Job** As 10.40pm.
4.00 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★
5.40 **Piece by Piece** Animation. (2024, PG, 100min) ★★★
7.20 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
8.55 **Trolls Band Together** Animated musical. (2023, U, 91 min) ★★★
10.40 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
12.10 AM **The Canterville Ghost** Animation. (2023, PG) ★★
1.45 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
3.10 **Madagascar 3: Europe's Most Wanted** (2012, PG) ★★★★
4.50 **to 6.20** AM **Scooby-Doo! The Sword and the Scoob** (2021)

Movies 24

312 313 419

7.00 AM **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★
9.00 **Three Wiser Men and a Boy** Comedy. (2024, PG, 84min) ★★
11.00 **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
1.00 PM **The Great Christmas Switch** Comedy. (2021, PG, 84min) ★★
3.00 **Believe in Christmas** Romantic comedy. (2024, PG, 90min) ★★
5.00 **A Holiday Spectacular** Drama. (2022, PG, 90min) ★★
7.00 **Deck the Walls** Drama starring Ashley Greene. A designer reluctantly returns to her home town at Christmas to save her brother's charity house flipping project. (2024, PG, 90min) ★★
9.00 **A Christmas in New Hope** Drama starring Katrina Bowden. A single mother enters a home improvement competition in an attempt to save her bungalow. (2024, PG, 90min) ★★
11.00 **Sugarplummed** Romantic drama. (2024, PG, 90min) ★★
1.00 AM **Joy For Christmas** Comedy. (2021, PG, 86min) ★★
3.00 **to 5.00** AM **A Carol for Two** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Shipbuilders** Drama. (1943, b/w, PG, 92min) ★★
7.35 **The Girl who Couldn't Quite** Comedy. (1951, b/w, PG) ★★
9.15 **Look at Life** Documentary.
9.25 **The Snows of Kilimanjaro** Drama. (1952, PG, 117min) ★★★
11.40 **Escape by Night** Crime drama. (1952, b/w, PG, 79min) ★★
1.15 PM **It's Great to Be Young** Comedy. (1956, U, 95min) ★★★
3.05 **The Woman in Question** Offbeat murder mystery. (1949, b/w, PG, 88min) ★★★
4.55 **Model for Murder** Mystery. (1958, b/w, PG, 73min) ★★
6.25 **The Bulldog Breed** Comedy starring Norman Wisdom. (1960, b/w, PG, 97min) ★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 7/13. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Play on One** 6/6. (S3)
11.50 **Cellar Club with Caroline Munro**
11.55 **The Party's Over** Drama. (1965, b/w, 12, 94min) ★★
1.45 AM **The Hitch-Hiker** Thriller. (1953, b/w, 12, 75min) ★★★★
3.15 **Love At Sea** Comedy. (1936, b/w, PG, 70min) ★★
4.40 **to 6.00** AM **Checkmate** Drama. (1935, b/w, PG, 67min) ★★

FRIDAY Sport 25 July

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Good Morning Sports Fans**
- 10.00 **Test Cricket Bitesize**
- 10.15 **LIVE Test Cricket England v India.** Day three of the fourth Test at Old Trafford in Manchester. The visitors are looking to end a run of back-to-back series defeats after losing to New Zealand and Australia inside the last 12 months. Before those defeats India had gone unbeaten in eight series since their 2-1 loss to South Africa in early 2022.
- 7.00 PM **The Transfer Show**
- 7.30 **LIVE World Matchplay Darts** The third and fourth quarter-finals on day seven of the tournament from Winter Gardens in Blackpool. Michael van Gerwen claimed a 16-10 win over Andrew Gilding at this stage 12 months ago, and that was followed by Michael Smith defeating Rob Cross 16-7 to progress to the semi-finals.
- 11.00 **LIVE WTA & ATP Tennis** Day five of the Washington Open, a hard-court tournament at William H.G. FitzGerald Tennis Center in Washington D.C.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **MNF Hlts** Wolves v Nottingham.
- 7.30 **SNF** Recent highlights.
- 9.00 **Premier League Highlights**
- 9.30 **SNF** Aston Villa v Arsenal.
- 10.00 **Premier League Years**
- 12.00 NOON **Gary Neville's Soccerbox**
- 1.00 PM **PL Retro** Chelsea v Wigan Athletic from the 2009/10 season.
- 3.00 **Premier League 100 Club**
- 4.00 **Premier League Icons**
- 5.00 **SNF** Aston Villa v Chelsea.
  5.30 Aston Villa v Everton.
  6.00 Highlights from Aston Villa v Newcastle United.
  6.30 All the action from Aston Villa v Nottingham Forest.
  7.00 Bournemouth v Arsenal.
  7.30 Bournemouth v Aston Villa.
- 8.00 **Gary Neville's Soccerbox**
- 9.00 **Man City Champions 20/21**
- 9.30 **Newcastle – The Entertainers**
- 10.00 **Class of '92: Full Time**
- 11.00 **Premier League Icons**
- 12.00 M'T **Premier League Legends**
- 1.00 AM **Premier League Years**
- 3.00 **PL Greatest Games**
- 4.00 **PL Best Goals 09/10**
- 5.00 **Premier League 100 Club**
- 5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **Retro League One**
- 8.00 **EFL Greatest Games**
- 10.00 **WSL Fixtures 2025/26** The newly released fixtures for the Women's Super League season.
- 11.00 **Henrik Larsson: 20 Years On**
- 12.00 NOON **EFL** Play-offs.
- 3.00 PM **EFL Greatest Games**
- 4.00 **EFL Cup Highlights** The final between Liverpool and Newcastle United at Wembley Stadium.
- 5.00 **Best Goals: EFL Cup 24/25**
- 5.30 **EFL Trophy Football** Action from Birmingham City v Peterborough United in the final.
- 6.00 **EFL** Action from Bristol City v Hull City in the 2007/08 Championship play-off final.
  7.00 Action from Burnley v Sheffield United in the 2008/09 Championship play-off final.
  8.00 West Ham United v Blackpool in the 2011/12 Championship play-off final.
- 9.00 **EFL Greatest Games**
- 10.00 **EFL Cup Retro** Aston Villa v Manchester United from 2010.
- 12.00 M'T **EFL** Play-offs.
- 3.00 AM **EFL Greatest Games**
- 4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 514 504 422 442

- 6.00 AM **Test Cricket** England v India.
- 7.00 **Women's One-Day International Cricket**
- 8.00 **Test Cricket** England v India.
- 9.00 **Women's One-Day International Cricket**
- 10.00 **Test Cricket Bitesize**
- 10.15 **LIVE Test Cricket England v India.** Day three of the fourth Test at Old Trafford in Manchester. The visitors are looking to end a run of defeats after losing to New Zealand and Australia inside the last 12 months. Before those defeats India had gone unbeaten in eight series since their 2-1 loss to South Africa in early 2022.
- 7.00 PM **Ashes Greats**
- 7.30 **Best of England v India**
- 8.00 **Test Cricket** England v India.
- 10.00 **Women's One-Day International Cricket**
- 11.00 **Test Cricket Bitesize**
- 11.15 **Best of ICC WT20**
- 11.30 **Best of England v India**
- 12.00 M'T **Test Cricket** England v India.
- 1.00 AM **Women's One-Day International Cricket**
- 3.00 **Test Cricket** Highlights.
- 4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

- 6.00 AM **The Open** The fourth day.
- 7.00 **European Seniors Golf**
- 8.00 **HotelPlanner Tour Golf**
- 8.30 **European Seniors Golf**
- 9.30 **LIVE Ladies European Tour Golf** Day two of the ISPS HANDA Women's Scottish Open.
- 1.30 PM **LIVE European Seniors Tour Golf** Coverage of day two of the Senior Open Championship.
- 7.00 **LIVE PGA Tour Golf** Day two of the 3M Open at TPC Twin Cities.
- 12.00 M'T **European Seniors Golf**
- 1.00 AM **HotelPlanner Tour Golf**
- 1.30 **European Seniors Golf**
- 3.30 **Playing Lessons**
- 4.00 **PGA Tour Golf** Highlights.
- 5.00 **to 6.00** AM **European Seniors Golf**

Sky Sports Tennis

407 407 537 520 425 445

- 6.00 AM **WTA & ATP Tennis**
- 10.00 **WTA Tennis** The Iasi Open final.
- 11.00 **ATP Tour This Week**
- 11.30 **LIVE ATP Tennis** Coverage of the semi-finals of the ATP Generali Open Kitzbühel.
- 1.00 PM **LIVE WTA & ATP Tennis** Coverage from the Tours.
- 10.00 **LIVE WTA & ATP Tennis** The fifth day of the Washington Open.
- 4.00 AM **Best of Jack Draper**
- 4.15 **Bitesize Tennis**
- 5.00 **WTA All Access**
- 5.30 **to 6.00** AM **ATP Tour This Week**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Cycling: Tour de France**
- 7.00 **What I Wore** Best Of.
- 7.30 **Ultimate Pool** The Pairs Cup.
- 9.00 **WRC Review** Rally Estonia.
- 10.00 **Playing for Our Future**
- 10.30 **Discovery Golf**
- 11.00 **TNT Sports Reload**
- 11.15 **Tour de France Highlights**
- 12.15 PM **LIVE Tour de France** Coverage of stage 19, which consists of a 129.9km route from Albertville to La Plagne. There is no respite for the riders today as they are faced with another taxing mountain stage.
- 5.00 **Uphill Climb** Tour de France.
- 5.45 **Cycling Africa**
- 7.00 **MLB: Off the Bat**
- 7.30 **MLB Plays of the Week**
- 8.00 **MLB Highlights**
- 9.00 **LIVE MLB Milwaukee Brewers v Miami Marlins.** The National League match from American Family Field. Start-time **9.10pm**.
- 12.15 AM **MLB: Off the Bat**
- 12.45 **TNT Sports Reload**
- 1.00 **AFL** Recent action.
- 4.00 **to 7.00** AM **LIVE AFL Gold Coast Suns v Brisbane Lions.** Coverage from People First Stadium. Bounce-up **4.20am**.

TNT Sports 2

411 414 522 409 431

- 6.00 AM **MLB Plays of the Week**
- 6.30 **MotoGP Highlights**
- 7.30 **Superbike Rewind**
- 9.15 **LIVE Superbike World Championship** From Hungary.
- 10.15 **Superbike World Championship**
- 11.15 **British Speedway**
- 12.15 PM **TCR World Tour Review**
- 12.45 **TNT Sports Reload**
- 1.00 **LIVE Women's Circuit Racing World Championship** Coverage of the Superpole session.
- 1.45 **MotoGP Rewind**
- 2.00 **LIVE Superbike World Championship** From Hungary.
- 3.45 **Superbike Rewind**
- 4.00 **LIVE ABB FIA Formula E World Championship** London ePrix first free practice session.
- 5.00 **MLB Highlights**
- 6.00 **Fishing: On the Bank**
- 7.00 **AFL** Recent action.
- 10.00 **TNT Sports Cricket Reload**
- 10.15 **Packer: The Man Who Changed Cricket**
- 11.45 **LIVE International T20 Cricket West Indies v Australia.** Coverage of the third T20 game.
- 4.00 AM **British Speedway**
- 5.00 **to 6.00** AM **Fishing**

Sky Sports The Lions

408 408 517 507 426 446

- 6.00 AM **British and Irish Lions Tour**
- 10.00 **Lions Best Games** Australia v British & Irish Lions from 2001.
- 12.00 NOON **Australia v British & Irish Lions: Second Test 2001**
- 2.00 PM **Lions Greatest Games** Australia v British & Irish Lions.
- 3.30 **British and Irish Lions Tour** Australia v British & Irish Lions.
- 4.30 **Lions Legends** A profile of Welsh number eight Mervyn Davies.
  4.45 A profile of Martin Johnson.
- 5.00 **British and Irish Lions Tour** A chance to see the first Test of the three-match series between Australia and British & Irish Lions at Suncorp Stadium in Brisbane.
- 9.00 **Rugby Heaven: On the Road** A celebration of the atmosphere of the British & Irish Lions tour of Australia shot on location in front of a live audience with guest Wallabies and ex-players.
- 10.00 **Lions 2001: Up Close and Personal** Documentary surrounding the British & Irish Lions' tour of Australia in 2001.
- 1.00 AM **Rugby Heaven: On the Road**
- 2.00 **Lions 2001: Up Close and Personal** Documentary.
- 5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

- 6.00 AM **EFL Highlights**
- 7.00 **Good Morning Sports Fans**
- 10.00 **WSL Fixtures 2025/26**
- 11.00 **Sky Sports News**
- 12.00 NOON **Lunchtime Live**
- 1.00 PM **LIVE WTA & ATP Tennis** Coverage from the Tours, including the ATP Generali Open Kitzbühel, ATP Croatia Open, WTA Prague Open, and the ATP and WTA Washington Open.
- 7.30 **LIVE World Matchplay Darts** The third and fourth quarter-finals on day seven of the tournament from Winter Gardens in Blackpool. Michael van Gerwen claimed a 16-10 win over Andrew Gilding at this stage 12 months ago, and that was followed by Michael Smith defeating Rob Cross 16-7 to progress to the semi-finals.
- 11.00 **Sky Sports News**
- 12.00 M'T **EFL Highlights** Bristol City v Sheffield United.
  12.30 AM Highlights from Coventry City v Sunderland.
  1.00 Sheffield Utd v Bristol City.
  1.30 Sunderland v Coventry City.
  2.00 Sheffield Utd v Sunderland.
- 3.00 **EFL Highlights** Recent action.
- 5.00 **to 6.00** AM **EFL**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **EFL Greatest Games**
- 7.00 **Test Cricket** England v India.
- 9.00 **European Seniors Golf**
- 10.00 **The Open** Day four of the Major.
- 11.00 **PDC Classics** Archive action.
- 12.00 NOON **LIVE World Pool Championship** The first session on day five of the nineball event.
- 5.00 PM **PDC Classics** Archive action.
- 6.00 **LIVE World Pool Championship** Second session on day five of the nineball event.
- 7.55 **LIVE Super League Wigan Warriors v Catalans Dragons.** From the Brick Community Stadium. Kick-off is at **8.00pm**.
- 10.00 **My Icon** Nigel Owens.
- 10.15 **One Championship Weekly**
- 10.45 **WTA & ATP Tennis**
- 11.45 **PL Greatest Games**
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **Super League**
- 3.05 **My Icon** Michael Campbell.
- 3.15 **EFL Greatest Games**
- 3.45 **LIVE NRLW New Zealand Warriors v Gold Coast Titans.**
- 5.30 **to 6.00** AM **My Icon**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Premier League**
- 9.00 **T20 Cricket Highlights**
- 10.00 **LIVE AFL Essendon v Western Bulldogs.** Coverage of the match from the 20th round of fixtures at Marvel Stadium in Melbourne. Bounce-up is at **10.20am**.
- 1.00 PM **Discovery Golf**
- 1.30 **MLB Highlights**
- 2.30 **TNT Sports Reload**
- 2.45 **T20 Cricket Highlights**
- 3.45 **SailGP Highlights**
- 4.45 **MotoGP Highlights**
- 5.45 **British Speedway**
- 6.45 **Playing for Our Future – Football** Documentary.
- 7.00 **T20 Cricket Highlights**
- 8.00 **Tour de France Highlights**
- 9.00 **Discovery Golf**
- 9.30 **Premier League Review**
- 12.30 AM **Ultimate Pool**
- 2.00 **IFSC Climbing World Cup**
- 3.00 **SailGP Highlights**
- 4.00 **to 6.00** AM **Classic Premier League**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **T100 Triathlon World Tour**
- 9.00 **SailGP Highlights**
- 10.00 **Grand Slam Track Athletics**
- 12.00 NOON **LIVE Summer World University Games** Coverage of the men's artistic gymnastics all-around final at the event staged in Rhine-Ruhr, Germany.
- 3.00 PM **Ultimate Pool**
- 4.30 **The Grudge** A look at the Five Nations rugby match between Scotland and England in 1990.
- 6.00 **LIVE Summer World University Games** Coverage of the women's artistic gymnastics all-around final at the event staged in Rhine-Ruhr, Germany.
- 9.00 **Fight Week** A review of UFC 318 in New Orleans, Louisiana.
- 9.30 **UFC Reloaded** Stipe Miocic v Junior Dos Santos from UFC 211.
- 12.00 M'T **UFC** A chance to see Max Holloway v Dustin Poirier.
- 3.00 AM **UFC Reloaded**
- 5.30 **to 6.00** AM **MLB: Off the Bat**

Premier Sports 1

419 551

- 6.00 AM **Euro Le Mans Highlights**
- 7.00 **NASCAR Highlights**
- 8.00 **Motorsport** Le Mans Classic.
- 8.30 **Scottish Rally Championship**
- 9.00 **LaLiga Specials**
- 10.00 **Euro Le Mans Highlights**
- 11.00 **Transworld Sport** Magazine.
- 12.00 NOON **NASCAR Highlights**
- 1.00 PM **MotorSport** Valentino Rossi.
- 1.30 **LaLiga Specials**
- 2.00 **DTM Highlights**
- 3.00 **Ultimate Karting Championship**
- 6.00 **UK Independent Kart Racing** The fifth round of the season.
- 7.30 **LaLiga Specials**
- 8.00 **Africa Eco Race**
- 9.00 **FIM Sidecarcross** The latest round of the season Lommel.
- 10.00 **DTM Highlights**
- 11.00 **NASCAR Highlights**
- 12.00 M'T **Euro Le Mans Highlights**
- 1.00 AM **Motorsport** Drew Gibson.
- 2.00 **LaLiga Highlights**
- 3.00 **PSA Squash Highlights**
- 4.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

- 6.00 AM **Football's Greatest**
- 7.00 **LaLiga Specials** The promoted teams in the 2024/25 season.
- 8.00 **United Rugby Championship** Leinster v Bulls in the Grand Final.
- 10.00 **Temples of Sport** A look at iconic sporting venues.
- 11.00 **Major League Cricket** All the action from Washington Freedom v MI New York.
- 3.30 PM **Major League Cricket** Los Angeles Knight Riders v San Francisco Unicorns.
- 8.00 **CONCACAF Gold Cup** Canada v Guatemala in the third quarter-final.
  10.15 Action from USA v Costa Rica in the fourth quarter-final.
- 12.30 AM **LaLiga Specials** The top scorer in the 2024/25 season.
- 1.00 **NHL Ice Hockey** Action from game five of the Stanley Cup Finals between Edmonton Oilers and Florida Panthers at Rogers Place.
- 3.00 **NHL: This is Hockey**
- 3.30 **to 6.00** AM **Champions Cup**

Sky Sports F1

406 406 516 506 424 444

- 6.00 AM **Formula 1** Highlights.
- 7.50 **LIVE Formula 3** The Belgian Grand Prix practice session.
- 8.25 **Formula 1** Highlights.
- 9.00 **LIVE Formula 2** The Belgian Grand Prix practice session.
- 9.45 **Formula 1** Highlights.
- 11.00 **LIVE Formula 1** The Belgian Grand Prix practice session.
- 12.55 PM **LIVE Formula 3** The Belgian Grand Prix qualifying session.
- 1.40 **Formula 1** Highlights.
- 1.50 **LIVE Formula 2** The Belgian Grand Prix qualifying session.
- 2.45 **Formula 1** Highlights.
- 3.00 **LIVE Formula 1** The Belgian Grand Prix sprint qualifying.
- 5.00 **Formula 1** Highlights.
- 9.00 **Indycar** Indy Toronto highlights.
- 10.00 **LIVE Indycar** The Grand Prix of Monterey first practice session.
- 11.30 PM **to 6.00** AM **Formula 1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

Game On Grandparents

Weekdays, 8.35am, CBBC & BBC iPlayer

If you wanted to see what it takes to be a cool grandparent, tune into this third series of *Game On Grandparents*! As usual, youngsters take on jobs around the house while their nannies and grandpas undergo intensive gaming training, so thet can compete to a respectable level at an online tournament.

Games that the seniors will be tackling this week include *Sonic Superstars*, *SuperSmash Bros* and *Samba de Amigo*, and they'll be getting help from pro-gamers Slogo, Jelly and Yammy. Will the grandparents be able to power up quickly – or will it be game over before they know it?

BBC iPLAYER Shaun the Sheep

Weekdays, 8.20am, CBBC & BBC iPlayer

Shaun is baaaack for more hilarity with his Mossy Bottom pals in new bite-size adventures. Tales to look forward to include messy food (and mud) fights between the sheep and pigs, Bitzer taking the driving seat for an F1-style race and, our personal favourite, the sheep holding a dance party in the barn.

Meanwhile, Aardman Animation are busy at work on movie *Shaun the Sheep: The Beast of Mossy Bottom*, which is set to be released in 2026. We can't wait!

More great shows to watch this week...

Mickey Mouse Clubhouse+ NEW

Available from Tue, Disney+

Mickey and pals welcome us back in this revival of the original popular Disney show – with updates including Minnie's very own clubhouse!

Buffalo Kids PREMIERE

From Sunday, Sky Premiere

Animated feature in which two Irish orphans team up with a wheelchair-using quadriplegic boy to travel from New York to California in search of their uncle. Featuring the voices of Gemma Arterton and Sean Bean.

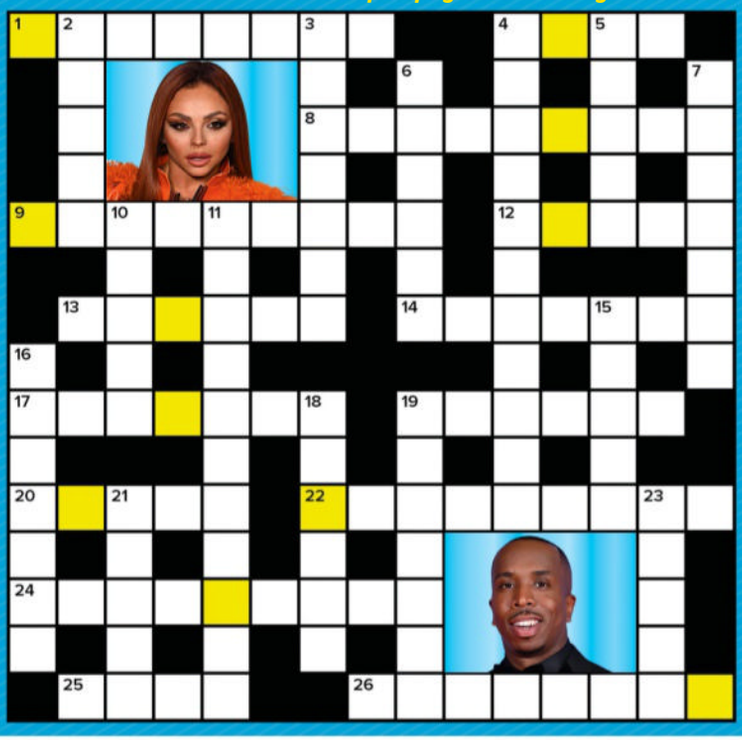
Maddie & Triggs

Weekdays, 10.35am, CBBC & BBC iPlayer

A lovely animated series in which Maddie, a visually-impaired seven-year-old girl, and her doggy best friend find music and adventure all around them.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out a British-Canadian actor (3,8). Answers at the bottom of the page – no cheating!



ACROSS

1 Old game show hosted by Keith Chegwin, -------- *Plays Pop* (8)
4 *All About That* ----, 2014 hit song for Meghan Trainor (4)
8 Song and album released by US band Eagles in 1973 (9)
9 2019 mystery film starring Daniel Craig, Chris Evans and Ana de Armas (6,3)
12 See picture clue: *Ghosts* star, ----- Smith-Bynoe (5)
13 *The* ------ *of John and Yoko*, 1969 Beatles song (6)
14 *No, No,* --------, hit musical featuring the song *Tea for Two* (7)
17 John --------, *Cold Feet* and *The Fast Show* star (7)
19 *The Funky* ------, 1975 hit song for comedians The Goodies (6)
20 Eddie -----, late comedy partner of Syd Little (5)
22 Played Trigger in sitcom *Only Fools and Horses*, Roger ----- ---- (5,4)
24 Presenter of game show *Pointless*, Alexander ---------- (9)
25 Prime Video series fronted by James May and Jeremy Clarkson, *The Grand* ---- (4)
26 Hit Food Network show with Ina Garten, -------- *Contessa* (8)

DOWN

2 Oscar-winning star of 1998's *As Good as It Gets*, ----- Hunt (5)
3 Robert --------, actor and founder of the Sundance Film Festival (7)
4 Hit US TV series starring Bryan Cranston (8,3)
5 Group know for their 1973 hit *Merry Xmas Everybody* (5)
6 US actor married to Mila Kunis, ------- Kutcher (6)
7 Marisa --------, Ruth Wilson's *His Dark Materials* role (7)
10 1992 film starring River Phoenix, *My Own Private* ----- (5)
11 Singer of 2001 hit *Murder on the Dancefloor*, Sophie ------ ------ (5-6)
15 Played Enid in 2001 movie *Ghost World*, ----- Birch (5)
16 -------- Skarsgård, actor who appeared in 2007 movie *Pirates of the Caribbean: At World's End* (7)
18 See picture clue: English singer formerly with Little Mix, Jesy ------- (6)
19 Toyah Battersby in *Coronation Street*, -------- Taylor (7)
21 Iconic Sylvester Stallone character, John ------ (5)
23 Bill Owen's role in long-running show *Last of the Summer Wine* (5)

WORDS: LYNETTE BRIGHTON. PHOTOS: SHUTTERSTOCK, BBC.

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Recycle

CROSSWORD SOLUTION

ANSWER: Kim Cattrall **ACROSS:** 1 Cheggers 4 Bass 8 Desperado 9 Knives Out 12 Kiell 13 Ballad 14 Nanette 17 Thomson 19 Gibbon 20 Large 22 Lloyd Pack 24 Armstrong 25 Tour 26 Barefoot
DOWN: 2 Helen 3 Redford 4 Breaking Bad 5 Slade 6 Ashton 7 Coulter 10 Idaho 11 Ellis-Bextor 15 Thora 16 Stellan 18 Nelson 19 Georgia 21 Rambo 23 Compo

Coming soon

The Guest

FIRST LOOK

Eve Myles and Gabrielle Creevy face off in a twisty thriller

Check out these intriguing first-look images from BBC1's harrowing, edge-of-your-seat thriller *The Guest*, based around the intense and toxic relationship between a successful businesswoman and her impressionable employee.

Created by *Men Up* writer Matthew Barry, the four-parter is filmed and set in Wales. It stars *Black Doves*' Gabrielle Creevy as aimless Ria, who begins a cleaning job for business owner Fran (*Keeping Faith*'s Eve Myles), and quickly becomes intoxicated by her confident and self-assured boss.

Ria (left) and Fran

The pair begin an intense friendship when Fran encourages Ria to take control of her life. However, when Fran's advice leads to a shocking event, the two become connected by secrets and danger. As a manipulative game of cat and mouse ensues, what impact will it have on Ria and Fran's futures?

The cast includes *The Gold*'s Emun Elliott, *Slow Horses*' Sion Daniel Young, *Death Valley*'s Bethan Mary-James, *Game of Thrones*' Clive Russell and *Henpocalypse!*'s Catherine Ayers.

'I'm beyond excited to bring *The Guest* to life,' says Barry. 'As well as an exciting thriller, at its core the drama is an examination of class, social mobility and the disparity between those at the top and bottom of our society.'

WHAT'S NEXT FOR...

Bella Ramsey

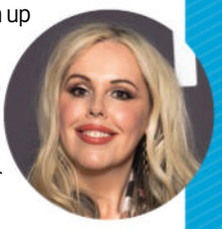
C4's six-part darkly comic thriller **Maya** will see the actor play a teenager who, with mother Anna (Daisy Haggard), enters a witness-protection programme. But hitmen and a face from the past are out to get them.

Aidan Gillen

The actor will star in BBC iPlayer and BBC Northern Ireland's crime drama **Tall Tales & Murder**, inspired by Caimh McDonnell's novels about a man in peril, an offbeat nurse and a troubled cop.

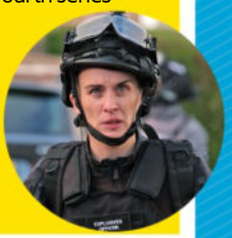
Roisin Conaty

In Quest's eight-part comedic travelogue **Zero Stars**, the comic and actor will team up with Sara Pascoe to visit hotels, restaurants and venues across the globe that have received terrible or hilarious reviews.



Coming Back

Vicky McClure will reprise her role as bomb-disposal officer Lana Washington in a fourth series of ITV1's thriller **Trigger Point**, airing next year, which centres on a fresh threat. The third run hits screens this autumn.



Next week

On sale Tuesday 22 July

Chief of War

Apple TV+'s epic historical drama follows the fortunes of a Hawaiian warrior (Jason Momoa).

The Gone

A second run of BBC2's New Zealand-set drama explores the hunt for a missing journalist.

Destination X

Rob Brydon travels across Europe as he hosts BBC1's new adventure reality show.

Twisted Metal

As the Paramount+ action comedy returns, a demolition-derby tournament spells danger.

WORDS: CAREN CLARK. PHOTOS: APPLE TV+, BBC, GETTY, ITV, PARAMOUNT+, PEACOCK

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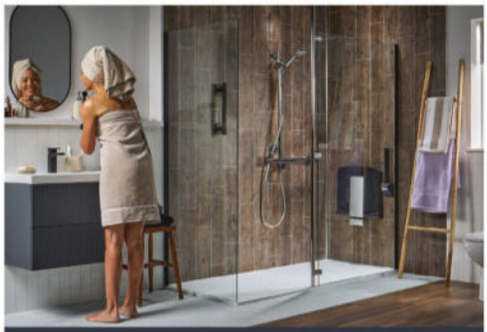
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